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The Sun

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Thursday, March 5, 1998

Western Palm Beach County's Hometown Newspaper Since 1923

Volume 75 / Number 7

South Bay couple travel to China to adopt baby girl

By Brenda Bunting

Prayers were answered for Billy and Naomi "T-Tot" Sherman of South Bay when they wrapped their arms around their tiny daughter, Candyce, and brought her home from an orphanage in China. It was her birthday, November 30, 1996 and she was one year old.

The Shermans waited two years to adopt a baby from Mainland China, but the couple, married 17 years, had waited many years to fulfill their dream of having a child.

"I had prayed that if this was the Lord's will, we would get her on her birthday," said Naomi, "and we did. What are the chances of that happening?"

Each year, hundreds of newborn baby girls are abandoned in China. Many times the parents leave the female babies in public places with notes pinned on their clothing saying "Please take care of my baby," in Chinese.

In a culture that penalizes its citizens for having more than one child, a male child is desired by the parents to continue the family name. Citizens pay heavy fines for having a second child and most parents will abandon a first born child if it is a female, China law al-

lows parents in the cities to have only one child. If they live in the country, they can have two children.

"It's strange," said Naomi, "but parents aren't allowed to take their unwanted children to an orphanage and they're not supposed to abandon them, so they abandon them in public places and then they are taken to the orphanages."

Candyce was abandoned at two days old, Naomi said she doesn't know if she had a note with her or not, but she was in good health.

To get Candyce, Billy and Naomi went through an adoption agency in Colorado called Chinese Children International. It took them 20 months from the time they started the paperwork until they flew to China to get their baby.

"We got a picture of her when she was two months old. Before we even got her, my father looked at the picture and said, 'she looks like a little China Doll' and nicknamed her CD," said Naomi.

It took almost 10 more months before the Shermans got the okay to travel to China

to adopt Candyce. Seven other couples flew to China with the Shermans to adopt baby girls.

When it came time to see their baby, Naomi said it was like "waiting for Christmas."

They were put up in a five star hotel and told to wait in their room until the babies were brought from the orphanage. When they finally were summoned to a room, Naomi said their five four babies sitting on a bed, all dressed alike. "Each had their name in Chinese on a piece of paper on them, but we didn't know which one was Candyce," said Naomi, "but when I looked at the baby I thought was mine, she was looking at me really serious, just watching everything. Then the nanny took her off the bed and gave her to me."

"We've been very blessed and all our family and people at work and at church have just fallen in love with her," said Naomi.

Over 300 Americans each year use Chinese Children International to adopt babies from China. Naomi said if anyone is interested in the adoptions procedure, they can call her at 996-8451.

Woman found dead behind Bay Liquors in South Bay

A Belle Glade woman was found dead Thursday evening behind Bay Liquors in South Bay. Cause of death is listed as unknown for Cynthia Hill, 37, of 51 Roosevelt Street.

Sgt. David Carhart with the Palm Beach County Sheriff's Department said it will take a couple of weeks before a tox-

ology report gives the cause of death, but there was no trauma to the body.

Witnesses told police they saw someone dragging a body to the back of the liquor store late Wednesday. Sgt. Carhart said anyone with information about Miss Hill's death is asked to call him at 996-1670.

Two Glades residents honored for their work

Two Glades residents have been awarded the 1998 Dwight Allison Fellows during a reception held Feb. 19 in West Palm Beach.

Sponsored by the Community Foundation for Palm Beach and Martin Counties, five indi-

viduals in the county were recognized for their tireless volunteer service and for making a distinct difference in their communities. Each recipient will receive a \$5,000 grant from the Community Foundation to use as they see fit.

Recognized as "unsung heroes" for their contributions to their Palm Beach County and Martin County communities were Lester Finney of Belle Glade, Kenneth K. Jackson of South Bay, Phillip Crawford of Boca Raton, Costella Williams

of Port Salerno and Eileen Hoye of Delray Beach.

Lester Finney is a Belle Glade business owner and community activist who is the founder and executive director of the "Neighborhood Buddies Outreach program, which promotes positive self-esteem and work ethics for young people.

Kenneth K. Jackson is a former high school band director who left his teaching job to devote his energies to Street Beat, a non-profit organization dedicated to helping young people grow through the arts.

After growing up in Belle Glade, Lester returned to the community after college with a determination to help solve the community's problems by "reclaiming" its youth and giving them an opportunity to become productive citizens. He founded Neighborhood Buddies. It was created to introduce young people to the world of economics through the use of art, music and journalism. Through the after-school program, students develop the skills associated with writing, designing, producing and marketing a magazine. They also receive training in music production, arts and crafts and conflict resolution. Lester also involves the parents of his student participants through home visits designed

to build rapport with the families and support for the program. According to a nominator, Lester considers each child in the program as one of his own. "He gives his time, money and personal resources to support the activities that he envisions will help children."

Kenneth Jackson is a child of the Glades and is an outstanding trumpet player, a nominee for Florida's Teacher of the Year in 1994, and a former band director at Lake Shore Middle School. In 1994, he founded Street Beat as a way to channel residents into positive paths in life in the face of such problems as drug abuse and high unemployment. In 1996, Ken left his teaching job in order to bring the program to South Bay along with his wife, Norisa. An after-school program was inaugurated, which offers programs in dance, music, drama and self-esteem training to young people ages 5 to 18. Ken also became the west area facilitator for the Center for Creative Education, where he helps to bring artists into Glades area schools to work with area children. The foundations said he wins high praise for his enthusiasm and unselfish dedication to young people in his community.



RECOGNIZED FOR THEIR TIRELESS EFFORTS IN THE COMMUNITY...Kenneth K. Jackson, Jr. (L) and Lester Finney (R) were the recipients of \$5,000 Community Foundation grants for their work with children in the Glades.

News Briefs

"Low Country Boil" to be part of I Love Pahokee Day

A "Low Country Boil" will be part of this year's "I Love Pahokee" celebration on March 28 from 11:30 a.m. to 3 p.m. on the lakeside in Pahokee.

The event will feature cooked shrimp, vegetables and tea for a cost of \$10 or a fish fry including cole slaw, hushpuppies and tea for \$6. There will be multi-cultural entertainment and a limited number of meals will be available.

Call the Pahokee Chamber of Commerce at 924-5579 for additional information or Pahokee Main Street at 924-6332.

Meeting set at GCCH on Project Graduation

There will be a meeting for parents at Glades Central Community High School on Thursday, March 5 at 7:30 p.m. in the media center.

The meeting is concerning Project Graduation, an event planned to coincide with graduation night.

Parents are urged to attend
 Continued on Page 2

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Lake Level

18.32 feet above sea level
 March 4, 1998



Glades Central High students inducted in the National Honor Society Feb. 12 are: (Seated, L-R) Francia Ponce, Christy Benjamin, Arthur Brown, Stephen Brown, Candice Cox, Shetiqua Davis, Annette Delgado, Turnisha Hall. (Standing, L-R) Nuria Zavala, Tammerial Botes, Roskeisha Lusane, Stephen Messam, Shontonia Otis, Danquilla Paige, Saulin Quan, Gabriel Ramolette, and Kerlande Rosius.



More Glades Central High students inducted in the National Honor Society Feb. 12 are: (Seated, L-R) Lucritia Jackson, Larry Johnson, Moiro Konchellah, Consualo Lewis, Enrique Lopez, Shavon Luma, Shressee Lumpkin. (Standing, L-R) Shanique Scott, Paul Small, Guillermo Ruiz, Amilca Simeon, Clive Staple, Mona St. Hilaire, Eric Walker.



HAITIAN BAPTIST CHURCH PASTOR Rev. Morales St. Hilaire with daughter, Mona, following the ceremony.



PARENT MARIA GUTIRREZ, with daughter Nuria, following the ceremony.



SOUTH BAY CITY MANAGER Michael Jackson with daughter, Lucritia, following the National Honor Society induction ceremony.

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Forty students inducted in National Honor Society

Forty students from Glades Central Community High School were inducted into membership of the National Honor Society in ceremonies on February 12 and 23 at the school.

Members were selected by a faculty council for meeting high standards of scholarship, service, leadership and character. Members of the Faculty Advisory Council are Richard Aho, Carl Kushnie, Willie Pyfrom, LaVoise Smith and

Debbie Williams.

Students inducted were: Truaine Battle, Christy Benjamin, Tammerial Botes, Arthur Brown, Steven Brown, Rhondalisha Collins, Chandra Cosby, Candice Cox, Shetiqua Davis, Annette Delgado, Osvaldo Del Real, Didi Francoeur, Turnisha Hall, Anisha Henry, Lucritia Jackson, Larry Johnson, Moiro Konchellah, Consualo Lewis, Enrique Lopez, Shavon Luma, Shressee Lumpkin, Roskeisha Lusane, Stephen Messam, Jessica

Moore, Shontonia Otis, Danquilla Paige, Francia Ponce, Saulin Quan, Gabriel Ramolette, Kerlande Rosius, Natalie Royce, Guillermo Ruiz, Shanique Scott, Amilca Simeon, Paul Small, Clive Staple, Mona St. Hilaire, Morana St. Hilaire, Eric Walker and Nuria Zavala.

"National Honor Society members are expected to continue their exemplary contributions to the school and community," said Cartheda Mann, chapter adviser. Since the beginning of the current school

year, National Honor Society members have collectively contributed more than 500 hours of community service.

The Glades Central High School Chapter has been active since 1971, and current membership is 75. The National Honor Society ranks as one of the oldest and most prestigious national organizations for high school students. Chapters exist in three-fourths of the nation's high schools and since 1921, millions of students have been selected for membership.

The Sun

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News Briefs

Continued from Page 1

and bring funding ideas, join a committee or assist in whatever way they can.

The class will have a booth at the Afro-Arts Festival on March 21. Donations are welcome at any time.

For more information, contact Marjorie Dowdell at 996-9617, Diane Beavers at 993-4046 or Daniel Bythwood at 996-5785.

Contestants needed for Jabberwock program

The Glades Alumnae Chapter of Delta Sigma Theta, Inc. is seeking contestants for its annual Jabberwock program. Any young girls and ladies between three and 18 years of age may enter. The program helps raise monies for Delta's many community projects.

Persons interested in participating should call Dorothy Rhodes at 996-3721 or Mary Rainey at 996-9592.

Elks Lodge sponsoring dinner and dance

The Belle Glade Elks Lodge

is sponsoring a dinner and dance on Saturday, March 14, in conjunction with the annual "Big Drawing."

Barbecue dinners are \$6 and tickets for the dance are \$5 per person. The dance begins at 9 p.m. and John Hornsby and the Bucksshots will be performing.

For tickets or additional information call 996-3035 or 996-1716.

Church sponsoring luncheon & car wash

The choir at Good Shepherd Church of God in Pahokee is sponsoring a spaghetti luncheon on Saturday, March 7 from 11 a.m. to 2 p.m.

The youth group will be having a car wash the same day from 9 a.m. to 1 p.m. in the church parking lot at 1800 Bacom Pt. Road. The luncheon cost is \$6 for adults and \$3 for children and the car wash is a \$5 donation. For luncheon orders of five or more they will deliver.

Anyone with questions can call the church office at 924-7284.

HEALTH WATCH

Water, water everywhere, Drink some

A healthier life ...
By Katrina Elsen

There's a substance found in every household that can help improve your digestion, help minimize wrinkles, reduce the risk of bladder infections and help you lose weight.

It's tasteless (well, it's supposed to be tasteless), odorless (again, it's supposed to be) and easy to swallow. And it has no calories or fat.

The miracle substance: water.

According to Dr. Peter Linder, who wrote "Fat, Water Retention and You," when you don't drink enough water, your body secretes the hormone, aldosterone, which causes your tissues to retain as much moisture as possible. It's your body's natural response to what it perceives as a water shortage. Thus, water retention problems can be caused by drinking too little water.

According to the authors of "Low Fat Living," Dr. Robert Cooper and Leslie L. Cooper, when you don't drink enough water, your body starts to dehydrate. This can cause fatigue, headaches, dizziness and poor concentration. Dehydration reduces blood volume which makes the heart work harder and makes it more difficult for the body to eliminate wastes.

How much water should you drink? Most researchers agree that adults should drink eight 8-ounce glasses of water a day. And it really should be water, not other beverages. The human body metabolizes different beverages in different

ways. For example, coffee, tea and colas have caffeine, which acts as a diuretic. Instead of helping to replace lost fluid, caffeinated beverages can make you lose more water.

The eight glasses of water,



Katrina Elsen

plus the fluid you taken in while eating and drinking other beverages, is needed to replace the fluid you lose each day. According to "Low Fat Living," each day the average person loses two cups of water through breathing, another two cups through invisible perspiration, and up to six cups through urination and bowel movements.

Water can also help you lose weight. Often people mistake their body's cry for water as hunger pangs. If you feel hungry between meals, try drinking a glass of water instead of reaching for something to eat. And, according to some researchers, drinking cold water actually helps burn calories since the body must use energy to warm the water to body temperature.

Athletes know the importance of hydration. Even a

slight dehydration of muscles makes them weaker. That's why you see athletes carrying water bottles. The rest of us would do well to follow their example.

Urologists say women who are prone to bladder infections can help reduce their susceptibility by drinking plenty of water to keep their system "flushed out." This gives the bacteria little chance to grow in the bladder, causing an infection.

Water is good for the skin. It hydrates the tissues. When your body is dehydrated, your skin is more likely to wrinkle. Some health experts suggest drinking a glass of water as soon as you get up in the morning, to replace fluid lost to perspiration during the night. Others say you should add a teaspoon of apple cider vinegar to that morning glass of water - but that's a topic for another column.

Health Notes:

Medicare hotline
We often receive Speak Out calls from people who have questions about Medicare. Florida Medicare recipients who have concerns regarding the necessity and quality of medical care they have received may call the following toll-free hotline number: 1-800-844-0795. The hotline is answered by trained, bilingual professionals, Monday through Friday, from 8 a.m. to 5 p.m. (EST).

Katrina Elsen is a Special Assignment Editor for the Okeechobee News.

CHILDREN'S HEALTH CORNER



By Faye Brandenburg

Between the ages of two and four, many children go through a period when hitting, kicking and biting are forms of communication. Without the language or social skills to get what they want, they're likely to use this as a way of saying, "I want that" or "I'm angry."

While this is a normal developmental stage, aggression can become a way of life. Kids who don't learn to replace their violent eruptions with more civilized behavior, such as taking turns, verbal negotiating and sharing, often go on to become full-time bullies. Fighting gets them the things they want but makes them feared and unpopular. There are some things to do to help avoid or alleviate the stress in this aggressive period.

Early on, lay down the law, get your toddler used to the idea of rules. Pediatric nurse-practitioner, Deborah Nusselly, A.R.N.P. encourages parents to just say, "We don't hit, we don't hurt." Mrs. Nusselly goes on to suggest with children aged four and over, the law can be a little more detailed. "You can say, 'In our house, the rule is: If you want a toy you ask for it, and if the person doesn't give it to you, you wait.' If you witness your preschool child hit another, make your first move toward the child who was hit by picking the child up and saying 'Johnny didn't mean to hurt you. Give the victim a hug and

kiss and then take him out of the room. What you are doing is depriving your child of attention, a playmate and you, all at the same time. Suddenly, his fun is gone and he's alone." It usually only takes two or three responses like that until your child realizes that being an aggressor isn't in his best interest.

Children who strike out physically often cannot control their tempers. For example, when another child has a toy he wants, a hot-tempered child will act impulsively and wrestle the toy away. He may require frequent reminders about the rules you have set. Philip Colaizzo, M.D., says "When a child's anger starts to boil, point out to him what he is doing and give him alternatives. Say, 'In this situation you may feel like hitting, but that's not okay. You can tell me you're angry, you can tell me you're like hitting, but it's not okay to do it.'"

A cooling-off period is often the most effective way to change bad behavior. By calling a "Time-Out" you can place younger children on a chair away from all distractions for two to three minutes, and older children should be sent to their rooms. "Make it clear you're taking this action because you want things to work out and you want everyone to be happy. Say, 'I'm giving you time-out for two or three minutes until you can control the feelings inside

that make you want to hit," says Dr. Colaizzo.

You should also praise good efforts. When children respond in an appropriate way, make sure to reinforce it. Tell them, "I like the way you did that." Kids respond better to praise that reflects how their behavior makes their parents feel. Sometimes it is better not to say "good boy or good girl." It is actually better to say "I made me feel so good on the inside when I saw you sharing with your little brother instead of hitting him. It makes me feel I could trust you with him." That kind of praise is very meaningful to children. It makes them feel they've had an impact on you.

Positive reinforcement is much less stressful to all involved, including the parents. Always be a good role model for your children, help create scenarios for success. A child who bullies others learns very quickly that physical aggression has only limited success. It may get him the toy he wants or a turn on the swing, but he's likely to find himself without friends and lonely. Help motivate him to work on other alternatives. As always, when in doubt, contact your pediatrician and remember, children are special.



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Americans' Cholesterol Levels Still High

(NAPS)—Most Americans are not doing enough to combat cholesterol, despite better education and a wider availability of cholesterol-lowering drugs.

According to the recent Lipid Treatment: Assessment Project (L-TAP) study completed in 1997, 62 percent of patients being treated for high cholesterol by primary care physicians did not reach recommended target levels.

"Physicians and patients need to be more aggressive with cholesterol-reduction treatments," said Dr. Thomas A. Pearson of the University of Rochester School of Medicine, who presented the study at the American Heart Association's annual scientific sessions in Orlando, Florida. "If

Know your cholesterol numbers!

LDL-CHOLESTEROL
Is commonly referred to as "bad" cholesterol. High levels can lead to artery buildup on your artery walls and can cause heart attacks.

HDL-CHOLESTEROL
Is the "good" cholesterol. It is believed that high HDL cholesterol may actually help clear away the bad LDL cholesterol.

TRIGLYCERIDES
Are fat in your blood that increase after you eat. High triglyceride levels can contribute to high LDL-cholesterol levels and increase your risk of heart disease.

TOTAL CHOLESTEROL
Is the number you often receive from your doctor. It is derived from your LDL, HDL, and triglyceride readings, but what really does this number mean to you? It is important to ask your doctor what your readings are and what your goals should be.

You've probably heard of good cholesterol, bad cholesterol, and total cholesterol, but do you know how they affect your overall health?



the patient is not at target, the physician should consider whether the current regimen is adequate."

Treatment regimens in L-TAP included lifestyle modification, lipid-lowering medications available at the time the study was conducted or a combination of both.

Pearson and his colleagues surveyed 619 primary care physicians across the U.S.

over a nine-month span. They analyzed 4,888 patients who were being treated for high cholesterol, and the levels were compared to guidelines set by the National Institutes of Health's National Cholesterol Education Program (NCEP).

Target levels are provided

by NCEP to guide physicians and patients in reducing risk. Despite this knowledge, we still have an alarming gap between treatment targets and treatment success," Pearson said.

In this study, among patients with coronary heart disease, 83 percent did not reach recommended LDL cholesterol levels of 100 mg/dL or less. Among patients with two or more risk factors for cardiovascular disease, 63 percent did not reach recommended levels of less than 130 mg/dL, and among patients with one or no risk factors, 32 percent did not reach the recommended level of less than 160 mg/dL.

The cholesterol study was funded by Parke-Davis, a

division of Warner-Lambert Company, and Pfizer Inc.

CHILDREN'S CLINIC Taskin U. Haque, M.D.



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OPINION PAGE

Feel strongly about local issues?



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To voice your opinion on any subject, call *Speak Out* at 996-6636, 24 hours a day. Readers can use this special number to pose questions, voice complaints, express opinions or put somebody on the back. Unlike letters to the editor, *Speak Out* is designed for anonymous expression of opinions. We edit calls for clarity, brevity, relevance and fairness.

Grade system shouldn't change

The school is supposed to have a nine week grading system. For some reason, halfway through they changed it to a six week grade system.

If the school was doing something wrong, why are they changing it now? It's going to hurt the children. Change it at the end of nine weeks. Mrs. Eugenia Jones needs to be informed about such things going on at Glades Central. It's not right. My child had a week's notice that her grades were going to be in rather than the whole nine weeks.

Thank you for the time and we love the chance to call into *Speak Out*. It let's people speak out without fear their children will be harassed at school or that school employees will be harassed or anyone else.

Thank you."

Response to last week's Letter to the Editor

"I was just reading the Letter to the Editor in the Feb. 26 edition of *The Sun*."

I just want to say that there's no one here trying to build a wall to keep everybody in Belle Glade. What we're trying to say is, if you want to work in Belle Glade, live in Belle Glade.

We aren't trying to force anyone to live here. But if you want to work in the city, live here, if not, go on. They can find somebody else to replace you."

Glades Central is beautiful

"In reference to Glades Central Community High School, I am a senior at Glades Central and I read the paper about two weeks ago where someone said Glades Central looks about 15 years old. I don't think so. Glades Central is the most beautiful high school in the State of Florida, to me.

Glades Central is a three year old school. It doesn't look like a 15 year old school. The custodians are trying to keep the school up the best that they can, but we, as students, must help too. The administrators are helping to keep the school nice, but the children must help too.

I would like to thank Dr. Grear, Lois Louis, Wendy Pyron, Terry Osborne, Henry Watson, Henry Morrison, LaVice Taylor Smith and the rest of the staff whose names I didn't call.

I've had some wonderful years at Glades Central and the teachers are great, but the children have to help too. So, keep up the good work Dr. Grear, you have a beautiful school.

Editor's note: We have had some problems with our recorder this week and were unable to decipher several *Speak Out* calls. It is now fixed, for those who would like to call back.

Also, we received a call about a security problem at one of the schools. For security reasons, we will not to run this call, but the caller can be assured we passed the information along to the appropriate officials and this will be looked into.

Thank you for Speaking Out.

Get smart about mental retardation

By Scot Kannel, Executive Director, Glades Area Association for Retarded Citizens

People with mental retardation comprise one of the largest disability groups in America, and yet the condition is often misunderstood or confused with other disabilities. Recognizing the need for public awareness, President Dwight D. Eisenhower in the early 1950s declared a week in November as Mental Retardation Week.

Over the years Presidents Kennedy, Bush and Reagan reaffirmed the national commitment to increasing public awareness of mental retardation. In the 1970s, the executive branch realigned its recognition of this and similar disability issues and proclaimed March as National Mental Retardation Awareness Month.

Consider these facts:

- One in 10 Americans has a family member with mental retardation;
- 3% of the population has MR, or about 900 people in the Glades area;
- Mental retardation begins in childhood and is a life-long condition;
- Some forms of mental retardation are 100% preventable.

The Glades Area ARC's principal purpose is to improve the quality of life for people with mental retardation in the Glades through specific services, education and advocacy. Services include Early Infant Intervention, Adult Day Training, Supported Employment and Supported Living. Education presents related topics to affected individuals or groups. Advocacy addresses the needs of individuals with mental

retardation to those who can influence those needs being met.

The Glades Area ARC is one of 1,100 affiliated chapters of the ARC of the United States. Begun as a national organization in 1950, with the local Glades Area ARC founded in 1977, the ARC has grown to become the largest volunteer organization in the United States dedicated solely to improving the lives of children and adults with mental retardation and other developmental disabilities. The Glades Area ARC invites you to join with your 100 neighbors who are members of this local ARC and Get Smart About Mental Retardation.

For more information, call 996-9553.

Letters to the Editor

Support for Glades wrestlers was great

Dear Editor:

Last Saturday the sports fans of the Glades did it again! At the district 14-4A wrestling matches at the Benjamin School, I was overwhelmed at the support given to the Glades Day wrestling team's only wrestler, Donnie Scruggs. At last count, over 60 people showed up to let him know they were behind him and his efforts to win a district title.

It was heartwarming to see that the loyal fans who turned out to support him were behind ALL the Glades teams. When Glades Central and/or Clewiston wrestlers were on the mat, the fans were on their feet cheering for those guys, too. Witnessing the enthusiasm and support the Glades fans gave to all the guys confirmed for me once again why I'm happy to be a life-long resident of the Glades.

Thanks to everyone who was there, not only for my son, but for all the kids from the Glades.

Sincerely,

Barbara Scruggs
Lake Harbor

Firefighter speaks out

Dear Editor:

I have an opinion I have been wanting to express for quite some time. I was an outboard mechanic before I came to Belle Glade. I lost my job, as did others, to a layoff.

I decided to become a fire fighter so I could have a stable and good paying job. My father is retired after 32 years of service with the West Palm Beach Fire Department. His wage was fair. He was able to afford me and a house.

My wage, after almost 13 years of service is \$10.13 an hour. I hold an administrative position. I also worked 40 hours a week, but 56 hours and I am on call 24-hours a day, if needed. I am required to live in the town.

The reason I am writing this is to say I have always been told my hourly wage is low because I get to sleep at the fire station. Some nights I do, not always.

But I would like to tell you, it is not a privilege to stay away from your family or loved ones all night long or to leave your property vacant.

I came home after working my shift and had such a nice surprise. My air boat had vanished. I work two jobs to get what I have. I don't want to seem as if I am complaining, because I'm not. I just don't like the excuse of being away from home and sleeping at my job for an excuse of low hourly wages. I enjoy my job and will continue to serve the community and my city as long as God is willing.

Frank Cote

Belle Glade

Student wants to hear from readers

Dear Editor:

We are writing state reports in my class and I will be reporting on Florida. The reports are due in April and cover topics such as the history of the state, government, physical features, political features and resources.

I'm hoping some of the members of your community would write to me and tell me about their experiences, traditions and some history about their life in Florida, which is different from where I live.

Also, if any of the citizens find time to reply, it would be great if they would enclose a copy of my "published" letter.

Thank you so much for taking time for my request and any information would be most appreciated.

Sincerely,

Brett Kozeloh
Robinson Elementary
Mrs. Morris' Class, Room P9
21400 Lindsay Drive,
Thabuco Canyon, CA, 92679

Use budget surplus to reduce national debt

Dear Editor:

Nearly all budget analysts agree that possibly this fiscal year and most likely the next, the federal government's budget will be in balance. After three decades of trying to tame the budget deficit, the debate has shifted to what should be done with the impending budget surplus. Already, there have been calls to spend the surplus on transportation needs, education needs, expanded health research, targeted tax cuts, and beefing up our nation's defense. Because the temptation to spend the entire surplus on a myriad of priorities will be enormous, I have introduced a "sense of Congress" resolution stating that half of any budget surplus be dedicated to reducing the national debt.

I believe my resolution is the most prudent and fair way for Congress to decide what to do with a budget surplus because: (1) some of the budget surplus should rightly be either spent on important domestic needs, or given back to the American people via a tax cut, and (2) paying down the national debt means less interest payments (currently \$245 billion a year) and helps ensure the future solvency of Social Security.

After 30 years of deficit spending, this Congress should show resolve by making at least a partial down payment on the debt that has accumulated. My resolution would give Congress greater fiscal discipline to ensure that our \$5.5 trillion national debt begins to be paid down, while at the same time allowing some of America's pressing priorities to be addressed.

Sincerely,

E. Clay Shaw, Jr.
Member of Congress

University of Florida offers agricultural mediation for USDA disputes

Writer: Jim Hellegard

Farmers who have a dispute with the U.S. Department of Agriculture may find convenient and cost-effective relief through a new mediation service offered free statewide by the University of Florida.

With \$211,000 in USDA grants, the UF College of Law's Institute for Dispute Resolution, in conjunction with the UF Institute of Food and Agricultural Sciences, has established the Florida Agricultural Mediation Service for anyone who has a disagreement with the department. The service will mediate agricultural credit problems, USDA decisions,

wetland determinations, boundary disputes and other issues.

"We're pleased to have the opportunity to provide mediation services to farmers throughout the state of Florida," said program director Allison Gencer. "Mediation saves time and expense and is rapidly growing in popularity as a way of solving all sorts of disputes."

Florida becomes one of about two dozen states with a USDA mediation service, said UF law professor Robert Moberly, director of the institute and principal investigator on the grant. The USDA established

the mediation program in 1987 to help agricultural producers, their creditors and anyone else directly affected by the actions of the USDA. The objectives are to resolve disputes, reduce the number of costly administrative appeals and avoid litigation and bankruptcies.

"More people are beginning to see how simple and effective mediation can be," said David Burt, a Daytona Beach lawyer who will serve as a program mediator. "Very often, disputes that go to mediation can be resolved in half a day." The standard procedure for USDA

See Mediation, Page 5

THE SUN

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Fax Number (561) 996-2209

A PLEDGE TO OUR READERS

We pledge...

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people with courtesy, respect and compassion.



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THE GLADES ART GROUP will feature two artists for the March showing at the Belle Glade Chamber of Commerce. Betty Motes (L) from Clewiston joined the group in 1994 and aspires to be a portrait artist. Longtime Pahokee resident Nola Nagler (R) started painting over 25 years ago and has an impressionistic style. Both artists work will be on display at the chamber through March and residents are urged to stop by and enjoy the artwork.

Belle Glade Police Dept. arrest blotter

The Belle Glade Police Department handled 736 complaints, worked 25 crime scenes and gave 23 traffic citations the week of February 23-March 1. Those arrested included:

February 23- Zabian Caple, 38, felony battery; Leonard Butts, 23, possession of marijuana over 20 grams and possession of marijuana with intent to sell; Juvenile, 13, opposing and obstructing a police officer.

February 24- Parcel Bother, 19, grand theft auto and trespassing; Gary Brooke, 27, auto burglary, throwing a deadly missile and petty theft; Dylan McGriff, 28, failure to appear; Peter Wilson, 30, stalking.

February 25- Andrew

Evans, 24, aggravated assault with a firearm, carrying a concealed weapon without a license; Leon Williams, 32, trespassing and possession of narcotic paraphernalia; Temisha Kelly, 24, grand theft auto; Bobby Chambers, 34, retail theft; Kim Moreland, 33, domestic battery.

February 26- Oscar Roman, 23, stalking; Juvenile, 16, battery; Byron Brinkley, 18, battery.

February 27- Viola Phillips, 44, possession of narcotic paraphernalia; Darius Harden, 24, battery.

February 28- Arturo Loredo, 41, domestic battery; Olynthia West, 24, two counts of aggravated battery with a deadly weapon; Anthony McGraw, 22, domestic battery; Terry Walker, 39, loiter-

ing and prowling; Juvenile, 17, carrying a concealed weapon; Jessica Brown, 18, aggravated battery with a deadly weapon.

March 1- Emmanuel Joseph, 20, battery; Juvenile, 14, battery on a law enforcement officer; Georrio Carasco, 21, domestic battery; Leonard Bradley, 18, obtaining a driver's license by fraud and perjury on a driver's license application.

The police news in this newspaper lists arrests, not convictions, unless otherwise stated.

Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

Pahokee Police Dept. arrest blotter

The Pahokee Police Department made 10 arrests the week of February 23-March 1. Those arrested included:

February 23- Juvenile, 16, strong arm robbery and battery on a pregnant female.

February 24- No arrests

made.

February 25- No arrests made.

February 26- John E. Knight, 31, retail theft.

February 27- Bobby Robinson, Jr., 28, trespassing and

obstructing and opposing justice.

February 28- Dinah Williams, 24, warrant for violation of probation on charges of retail theft.

March 1- No arrests made.

Crimestoppers



Lee Edward Jones

Crime Stoppers of Palm Beach County, Inc., is asking citizens to help locate Lee Edward Jones, who is wanted for burglary with assault or battery, battery and aggravated battery on a pregnant woman. Jones also goes by the nickname "Hard Times." He is a black male, 6' 1", weighing 145 pounds. He has black hair and brown eyes and a scar on his chest and left hand. His date of birth is December 28,

1974 and his Social Security Number is: 262-63-0019. His last known address was 799 McClure Road, Pahokee. His last occupation is unknown. His warrant was active as of February 20, 1998.

If you know the whereabouts of Jones, or anyone involved in a serious crime, call Crime Stoppers at 1-800-458-8477. You can remain anonymous and still receive a cash reward if your tip leads to an arrest.

South Bay Police Dept. arrest blotter

The South Bay Police Department made 5 arrests, gave 69 citations, two written warnings, handled eight offenses, seven incidents and 59 misc. incidents the week of February 22-28. Those arrested included:

February 22- Glen Collier, 23, violation of probation and battery.

February 23- No arrests

made.

February 24- Henry N. Wimbley, 63, aggravated domestic assault; Lavoskia Eddie McCall, 24, obstruction by disguise and failure to appear on charges of driving without a license.

February 25- No arrests made.

February 26- R.L. Thomas, 53, domestic assault.

February 27- Kelly Bernard Jones, 18, contempt of court and grand theft auto.

February 28- No arrests made.



A CERTIFICATE OF ACHIEVEMENT FOR EXCELLENCE in Financial Reporting was awarded to the City of Belle Glade. Mayor Stephen Weeks presents the certificate during a recent commission meeting to Diana Bacallao, chief accountant, (on right), and Paula Perez, financial analyst, (shown on left).

City honored for fiscal excellence

For the fifth year in a row the City of Belle Glade has been awarded the Certificate of Achievement for Excellence in Financial Reporting by the Government Finance Officers Association of the United States and Canada (GFOA) for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial

reporting, and its attainment represents a significant accomplishment by a government and its management.

An Award of Financial Reporting Achievement has been awarded to the individual designated as primarily responsible for preparing the award-winning CAFR. City of Belle Glade's Director of Finance, David D. Wood, was presented the award.

The CAFR has been judged

by an impartial panel to meet the high standards of the program including demonstrating a constructive "spirit of full disclosure" to clearly communicate its financial story and motivate potential users and user groups to read the CAFR.

The GFOA is a nonprofit professional association serving 12,625 government finance professionals with offices in Chicago, Illinois, and Washington, D.C.

Benefit planned for robbery victim

A benefit barbecue is planned for Jesus Bernal of Pahokee on Saturday, March 14, at Thriftway of Pahokee. Jesus was injured in a robbery attempt and will require a great deal of hospitalization and therapy due to his severe

injuries.

The benefit barbecue will take place in the parking lot of Thriftway, beginning at 11 a.m. and continuing until the food is gone.

The donation is \$6 per meal and donations will also be accepted. Thriftway is located

at 181 Rardin Avenue, Pahokee. The event is a joint venture of Thriftway of Pahokee and S.T.O.P. (Save the Town Of Pahokee), a committee for action in Pahokee.

For more information or to find out how you can help, contact Larry Wright at 924-5788

Mediation...Continued from Page 4

appeals "can be a long, involved and difficult process," he said, "and farmers would just as soon be out doing what they do best -- growing their crops."

In mediation, a trained impartial mediator helps people look at their mutual problems, identify and consider options and determine if they can agree on a solution. A mediator has no decision-making authority, and unlike a judge or arbitrator, cannot decide what is right or make anyone do anything.

Ray Carriker, a professor of food and resource economics at UF and an adviser to the project on agricultural issues, said the program should prove attractive to farmers, especially with mediation being offered in agriculture extension offices throughout the state.

"To the extent the mediation service can be provided at a location that's convenient to the farmer, then I really do think mediation is an advantage to the farmer, especially for those farmers who are really strapped for cash," he said.

"That could be one reason why they're in mediation -- because they've got financial difficulties that have kept them from satisfying the terms of a loan."

To seek mediation concerning USDA decisions, write the Florida Agriculture Mediation Service, P.O. Box 117624, Gainesville, FL 32611-7624,

within 18 days of the disputed decision. Mediation is not an option in cases where an appeal already has been filed with USDA. A toll-free number has been established for the service at 1-888-712-9421. Information also can be obtained on the Internet at <http://grove.ufl.edu/~mediate/>

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For more Information call Brenda or Stephanie at 996-4404.

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NEW BABY



Franklin Tyler Bunting

Bobby Bunting and Yvonne Jones (Fuller), of

Belle Glade, are proud parents of a 19 inch, 7 pound 1/4 ounce baby boy named Franklin Tyler Bunting. Franklin Tyler was born on Thursday, February 12, 1998 at Everglades Regional Medical Center in Pahokee.

Maternal grandparents are Laona Street of Belle Glade and Bill & Nancy Fuller of Mableton, Georgia.

Paternal grandparents are Bob and Brenda Bunting of Belle Glade.

Pahokee High School class of '47 reunion

The class of '47 invites all classmates and friends for a weekend of fun and reunion on April 17 and 18, 1998 in Ocala, FL.

Friday, April 17 at 5 p.m. will consist of entertainment and dinner at Youngs Paso Pido Ranch, 8075 N.W. State Road 326, Ocala, FL. Dress is western or forties casual.

Saturday, April 18 at 5 p.m. will consist of dinner and fel-

lowship at Charles and Virginia Stokes', 36321 West Spring Lake Blvd., Fruitland Park, FL. Carpools can be arranged Friday evening.

RSVP by March 15. For information write to Ann O'Connell Rust, 9765 C.S.W. 92nd Ct., Ocala, FL 34481 or send \$25 per person for both evenings.

Don't miss this celebration of old friends.

Students at KEC/Canal Point Elementary School complete the challenge

On November 17th our first grade classes began our Running Start Program at KEC/Canal Point Elementary School. The program gave first graders a reading goal over a ten week period. The children "accepted the challenge" to read twenty-one books over that period of time.

Upon this completion of meeting their goal, we had a recognition event. We held a bar-b-que on February 11th for all the children, parents and teachers involved. At this time the children were recognized.

Attention Okeechobee Waterway users

Due to the continuing high lake levels on Lake Okeechobee, an increasing amount of floating vegetation has been entering the Moore Haven Lock and spillway structure on the Okeechobee Waterway. As a preventative measure, a barrier cable will be installed today across the rim canal northwest of Moore Haven Recreation Village (Lamaster's Marina), at culvert 5A, approximately 1.5 miles northwest of

by rewarding them with a t-shirt, button, stickers, book-marks and a book of their choice to keep.

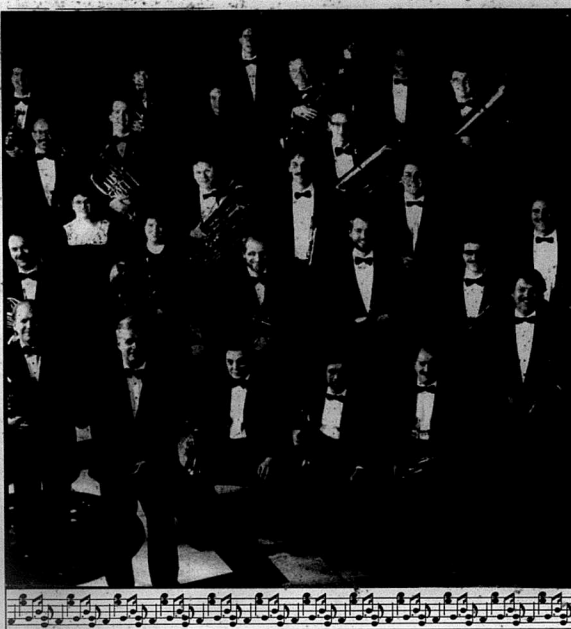
The school would like to thank Ms. Kay Korbly from West Area for visiting our school and listening to our children read, and we would also like to thank Ms. Cynthia Kelly for having her TOT Club participate in the program.

This program was made possible by John A. and Catherine T. MacArthur. Their grant to RIF, Inc. made this a successful endeavor.

Moore Haven Lock.

The barrier will remain in place until conditions improve. Your cooperation in avoiding this particular route when boating is appreciated.

Additional information may be obtained by contacting Biologist Sharon Bush, U.S. Army Corps of Engineers, South Florida Operations Office, 525 Ridgeland Road, Clewiston, FL 33440, or call 941-983-8101.



River City Brass Band to present first concert

The River City Brass Band, America's premier professional band, will present its first concert in Belle Glade on Tuesday, March 17 at 7:30 p.m.

Founded in 1981 by Robert Bernat, (the band's conductor and music director for its first 14 seasons) the RCBB is the first professional concert band to be established in the United States in over twenty-five years. The group's full-throated sound and audience-pleasing programming made it an immediate hit in its hometown of Pittsburgh, where it presents a highly popular forty-five concert subscription series.

River City Brass Bands virtuosos musicians, touring since 1984, have been winning critical praise and standing ovations across the country. Often called the "Boston Pops - In Brass", the bands varied repertory ranges from familiar folk tunes to ballads, favorites from Broadway and Hollywood, classical transcriptions and, of course, marches.

For ticket information, call (561) 992-6160 or 992-6161.

Clarification

From The Sun Newspaper issue of February 19. Kit and Derek are both Juniors at Glades Day School. Kit Hamilton has a 4.0 average and is a member of the National Honor Society. He is Vice-President of his class and plays on the basketball team. Kit is the son of Chris and Ed Hamilton.

Derek Lamb also has maintained a 4.0 average and is President of the Junior class. He is a member of the National Honor Society and plays on the football team. He was a Representative for Palm Beach County Youth Leadership and is active in youth group activities at the First Baptist Church. Derek is the son of Carol and Larry Lamb.

Both have been listed in Who's Who Among American High School Students.

February Sorority News

Beta Sigma Phi

The February meeting of the Nu Kappa chapter of Beta Sigma Phi was held at the home of Betty Hodges. Those members in attendance were Elizabeth Harrington, Nora Ornelas, Becky White and Julie Zambory.

The program for the evening was a motivational video on self improvement. The meeting followed a Valentine's Day theme with delicious red and white appetizers and desserts served by the hostess. A drawing was held for the hostess gift which was won by Nora Ornelas.

The next meeting will be held at the home of Maria Molares.

XI Beta Tau Sorority

Members of Pahokee Xi Beta Tau held their monthly meeting on Thursday, February 12, 1998 at the home of Lynda Moss.

Program consisted of personally decorating the many 8" heart cookies that were all home baked by members and delivered for Valentine's Day. If you missed them this time be sure to get one next year. Names were submitted for spring rushing and delicious refreshments were served by Omaid Milliron.

We were pleased to welcome our newest member Anita Brunson, and have her join the fun. Other members present were: Frances Adams, Mirtha Graydon, Kay Korbly, Jo Ann Law, Omaid Milliron, Lynda Moss, Tina Provenza, Amy Schenck, Alice Thompson and Julia Wilkinson.

"The highest result of education is tolerance."

Helen Keller

Military News



Jimmy L. Johnson

Army 1st Lt. Jimmy L. Johnson has been decorated with the Army Commendation Medal.

The medal is awarded to those individuals who demonstrate outstanding achievement or meritorious

service in the performance of their duties on behalf of the Army.

Johnson, a training officer, is assigned to the 41st Engineer Battalion, Fort Drum, Watertown, N.Y.

He is the son of Rebecca Brown of Belle Glade.

His wife, Louise, is the daughter of Joseph Hall of Pittsburgh.

In 1986, he graduated from Glades Central Community High School.



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CHRISTIAN CHURCH OF BELLE GLADE
Rev. Robert Muck

CHOSEN MISSIONARY BAPTIST CHURCH
100 S.W. 12th St.
Bernie Osion - Pastor

CHURCH OF GOD
125 N.W. Ave. D

CHURCH OF GOD IN CHRIST NO. 1
722 W. Ave. C Place
S. Edwards - Pastor

CHURCH OF GOD OF BELLE GLADE
Rev. Bert Browning

CHURCH OF GOD OF PROPHECY
601 S.E. 12th St.
Jean Ingram - Pastor

CHURCH OF JESUS CHRIST OF THE APPOSTOLIC FAITH
1001 N.E. 1st St.
Ramon Palomo-Branch Pres.

CHURCH OF THE LONG JESUS CHURCH OF THE APPOSTOLIC FAITH
177 S.W. 8th St.
Helen Waters - Deacon

COMMUNITY HOUSE OF PRAYER IN CHRIST
822 W. Ave. A
Elder James C. Hall-Pastor

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401 S.W. 17th St.
David A. Day - Pastor

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Pastor Magda de la Carda

LAKE HARBOR

COMPASSION CHRISTIAN CHURCH
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Brent Locke Village
Rick Balish - Pastor

MT. OLIVE MISSIONARY BAPTIST CHURCH
P.O. Box 161
John A. Kollman, Sr. - Pastor

PAHOKEE

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1500 E. Main St.
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CHURCH OF THE NAZARENE
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Larry White - Pastor

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1200 East Main St.
Father John Mericantano - Pastor

RAIDERVILLE

MT. CALVARY BAPTIST CHURCH
Canal Street
Rev. Leon Carrel - Pastor

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CHURCH OF ALL NATIONS
1 Mile S. of South Bay on Hwy US 27
Rev. Walter Cobb

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150 N.W. 20th Ave.
Rev. Edgar L. Miller

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S.W. 11th St.
Elder Barry Humphrey

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120 W. 12th Ave.
Bishop Wm Lee Wiscoper - Pastor

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1600 12th St.
Rev. D.L. Ford - Pastor

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OF THE LIVING GOD
120 W. 12th Ave.
Bishop Wm Lee Wiscoper - Pastor

THE INSPIRATIONAL CHURCH OF GOD
185 S.W. 8th Ave.
Rev. Johnny W. Johnson - Pastor

APOSTOLIC CHURCH OF JESUS CHRIST
210 Palm Beach Road
Rev. Jim Field

Obituaries

Week of March 5, 1998

Yeadie Parthenia Vowell, age 84, died February 21. Ms. Vowell worked as Postmaster in Clewiston for 30 years.

She was born December 5, 1913 to the late Harry Duke and Mary Bones.

Ms. Vowell is survived by: daughter - Betty Fry Aheam of Tallahassee, Elanor McCrary of Clewiston, Wanda Paulk of Belle Glade; sons - David W. Vowell of Clewiston and Jerry Lincoln Vowell of Leland, NC; brothers - Dan Haskell Duke of Clarksville, TN, and Hilton Duke of Hopkinsville, KY; sister - Mary Lou Johnson of Hopkinsville, KY; 9 grandchildren and 8 great grandchildren.

Funeral services were held Tuesday, February 24. Interment followed at Ridgeland Cemetery in Clewiston. Rev. Ken Reeves and Rev. George Henderson officiated.

Cat Talk from Gove Elementary

Music: The Spotlight on Young Musicians concert will take place on May 1 and 2 in the Kravis Center in West Palm Beach. These two concerts will feature some of the finest students from the Palm Beach County School District performing both choral and instrumental music. Three of our fifth graders (Lacey Jackson, Amanda Lewis and Derek Orsengo) will be performing on May 1. We are very proud of these three students and wish them the best of luck during their performance.

Physical Education: The last week of February was an exciting week for our students. The week started off with second through fifth graders participating in Jump Rope for Heart. Only those students with the following criteria completed were allowed to participate: 1. Parental permission form signed by parent; 2. Excellent conduct during Fine Arts classes; 3. Heart project in physical education class.

On February 26, the Miami Dolphins conducted a Jr. Football Training Camp at



Mac Park for second through fifth grade students. The sessions ran 1 and 1/2 to 2 hours long.

Field Days started after the camp on February 27th. The theme was "American Cardiac Express." The students have been studying the states and surrounding bodies of water with heart and health facts during the scheduled P.E. time. We wish everyone a healthy and successful week!

Gove's Night at McDonald's a great success: We would like to take this opportunity to thank the community, faculty and staff for making Gove's Night at McDonald's a great success.

Over \$250 dollars were raised during this "fun" fund raising event. The money raised will be used to purchase duplicating paper.

Results of the 1998 Gove Science Fair: We wish to congratulate each of the participants in this years Science Fair. We had a total of 96 entries. Our Judges were very impressed with how hard each of the students had worked. We hope each of you will plan to enter the Science Fair again next year.

Individual - first place - 3rd grade - Robert Gummere, 4th grade - Clarence Anthony, 5th grade - Amanda Lewis; second place - 3rd grade - Daniel Kirchman, 4th grade - Kuanasuela Brown, 5th grade - Clay Anderson and LaJazz Jackson; third place - 3rd grade - Monica Aguirre, 4th grade - Adrianna Flores, 5th grade - Khadeira Fletcher; Class - 1st place - 2nd grade - Miranda/Aguirre & Alvarez/White, 3rd grade - Bratt/Wilson; second place - 2nd grade - Alvarez/White, 3rd grade - Reyes/Wagner

Gove Elementary Honor Roll

First grade - Abdon Acosta, April Aguirre, Alejandro Albor, Michelle Allen, Javier Almazan, Dairent Beavers, Kristen Barton, Michael Cordero, Thomas Doney, Daniel Edgecomb, Marco Fernandez, Ricardo Gutierrez, Vincent Harper, Hana Kaki-Higas, Wael Kaki, Jayna Key, Jasmine King, Emma Lobo, Carolina Lopez, Thomas Martinez, Rudy Mena, John Menendez, Aleigh Miller, Chris Murray, Carmen Nunez, Courtney Owens, Miya Police, Michelle Priest, Natalie Puc, Kayla Scott, Hayat Shalabi, Luanrethia Shiley, Emanuel Solano, Emily Spotts, Ronald Stephens, Jarrett Swaby, Vanessa Varela, Kiera Wilson, Yuliet Zamora

Second grade - Jimmie Arnold, Vionni Brown, Cameron Carter, Micaela Cayson, Kayla Collier, Doris Crosby, Geysa Diaz, Javoris Dowdell, Roy Garza, Joshua Houston, Janika Johnson, Janine Machado, Oscar Martinez, Ruby Martinez, Erin

McCarthy, Katelyn Miller, Mahir Murshed, Erin Navarro, Silvia Nunez, Cynthia Orsengo, Cecily Ramos, Colin Ricketts, Christina Ruiz, Enjoli Saddler, Jarvarius Tillman, Selomit Vargas, Jameshia Worthy, Abeer Zayad

Third grade - Monica Aguirre, Jeannette Almazan, Lionel Brown, Geysa Diaz, Javoris Dowdell, Khaled Erras, Yoraue Garcia, Roy Garza, Casey Gilbert, Tranquilla Golden, Elvira Hernandez, Gion Jackson, Steven Jackson, Wayne Johnson, Travis Kelting, Daniel Kirchman, Stephanie Kirchman, Michael Korbly, Herman Lerma, Hiba Manson, Heba Mansour, Zuliana Mata, Ana Martinez, Reniery Mondragon, Silvia Nunez, Amanda Prescott, Chrissy Pillon, Hibah Ramahi, Andres Rodriguez, Kayla Rodriguez, Amanda Roman, Teresa Ruiz, Brandon Smith, Lacuquienne Smith, Tullia Tillman, Miguel Velasco, Justin West, Luke Woodham

Fourth grade - Marysol Acosta, Josie Almazan,

Clarence Anthony, Darielle Beavers, Maria Benjamin, Maranda Buchanan, Ranetta Burden, Herminia Hernandez, Emily Justiniano, Karen Lopez, Sandra Martinez, Amanda Martinez, Amanda Mashni, Shalonda Williams, David Woodham, Courtney Wright



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Glades Day Gator Tales

Glades Day's National Honor Society members are at work on yet another service project to help children in the Glades. They will be participating in the American Lung Association's "Students Teach Students" program again this year.

After a training session which lasts several hours, the students will take turns doing presentations next week at local area elementary schools to teach kids the dangers of smoking. The lectures will include hands-on displays and demonstrations of the harmful effects of tobacco. If even a few kids are turned off by the dangers of smoking, it's certainly worth the effort!

Mr. Darryl Hobson's senior physics class recently took a trip to Lake Worth to learn how to S.C.U.B.A. (Self-contained underwater breathing apparatus) dive. Luckily for them, the weather was beautiful and clear and the heated pool was a warm 85 degrees. After receiving specific instructions from Mr. Hobson on what to do while scuba diving, and how to do it, the students were then met by two certified S.C.U.B.A. instructors, who further explained the methods and details of diving. Diving in groups of four, the students watched Mr. Hobson perform various experiments involving pressure.

"It was great," said senior Michelle Herring. "Once I got the hang of breathing under water, everything was really easy and a lot of fun."

Mr. Hobson was thrilled about the attitude of the students.

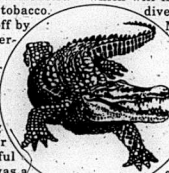
→ "To have the attention of the entire class, and to have every member of the

class eagerly learn something and be smiling all at the same time...as a teacher, it doesn't get any better than that."

The scuba trip generated a lot of interest among the students, and since a person is not allowed to dive with, buy, or fill a tank unless he/she is certified, the interest may lead to a class for diving certification. Any students interested in becoming a certified diver are encouraged to sign up with Mr. Hobson. The cost of the class is \$200, which will include all scuba gear and two dive trips in the ocean.

Mrs. Barbara Scruggs' Personal Law students also dealt with a "hands-on" learning experience when they visited the Palm Beach County Courthouse in Belle Glade to observe some non-jury trials. They spent the morning watching Judge Michael Miller conduct hearings and pass sentence on various offenders. Judge Miller also spent a few minutes talking with the students and showing them what to expect if they ever have to show up in court (let's hope not!). Mrs. Scruggs also plans to take the students to WPB later this year to observe a trial by jury.

GDS wishes junior Donnie Scruggs the best of luck as he travels to Cardinal Gibbons this week for the Class 4A regional wrestling tournament. Donnie won the district title in his weight division at Benjamin last week and will now wrestle for the regional title. If he wins, he will advance to the state tournament. GOOD LUCK!



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The power of Nature



Mike Lyons

Sometimes, the power of nature is hard to imagine. Last week's tornado rampage through Central Florida is a good example.

It is one of those events that you have to see to believe. Still, photographs and television cameras fail to capture the depth of the desolation. You have to look at the wreckage with your own eyes to fully understand what happened in the early morning hours of February 23, 1998.

Of course, after staring wide-eyed at the destroyed homes, the huge trees pulled out of the ground and the complete eradication of huge chunks on real estate, one would walk away wondering how such an event could happen in Florida. After all, tornadoes that strong aren't supposed to visit the Sunshine State.

While a final report on the number and intensity of the tornadoes is still being written, a preliminary study found one twister may have produced winds over 200 mph. Dave Sharp, a meteorologist with the National Weather Service Office in Melbourne, told me there is "a strong possibility" that one of the tornadoes was an F4.

An F4 on the Fujita Tornado Intensity Scale is a tornado with winds from 207 mph to 260 mph. There have been just two F4 tornadoes in Florida history.

Tornadoes that strong usually form in the Midwest, destroying buildings and shattering lives in places like Missouri, Ohio and Kansas. It is not the kind of thing that happens in Florida.

Oh, we do experience tornadoes - there were 103 confirmed twisters in Florida during 1997 alone - but Florida tornadoes are usually weak and short-lived. What happened in central Florida during the last week in February is an exception. It is called a tornado outbreak.

Since 1950, there have been 36 tornado outbreaks in Florida. These outbreaks make up a small percentage of our annual tornadoes but, because these twisters don't come alone, the death toll is much

higher in a tornado outbreak.

On March 12, 1993, nine tornadoes swept across the state, killing 23 people and injuring 91 more. On March 4, 1996, over 500 people were injured in another tornado outbreak.

Most of Florida's tornado outbreaks occur in March and April. It is a period when cold fronts, attempting to sweep across the state, barge into warm, humid air masses. The resulting collision is the creation of multiple tornadoes.

One surprising aspect of Florida's tornado outbreak is timing. Of the 36 outbreaks, the vast majority took place at night. Sixty-three percent occurred between 6 p.m. and 6 a.m., with 13 outbreaks beginning before 9 a.m. and seven before 6 a.m. Why these tornadoes often form under cover of darkness is still being studied. Unfortunately, scientists may have more opportunities for research over the next few months. The El Nino pattern, responsible for the Central Florida tornadoes, is expected to continue through April.

That means there is a strong possibility of more tornado outbreaks in Florida, which means more of us may be eye-witnesses to the power of Nature.

Mike Lyons is the chief weather forecaster for WPBF-TV.



Glades Track Team participates in D.A.R.E. Walk/Run

By Jennie M. Sears
Staff Reporter

It was a great day for a walk and for a run. The girls of the Glades track team decided to take a run at Spanish River Park in Boca Raton.

The 3.1 mile D.A.R.E. 5K Walk/5K Run was held to benefit the Boca Raton Police Department's Drug Abuse

Resistance Education (DARE) project.

Awards were given to the top 3 runners, male and female and trophies went to the top 3 runners in each age division.

Anita Perkins, age 12, came in second place in the 11-14 age group. In the overall race she placed 23 out of 117 women.

Geneeka Morris, age 10, won

second place in the 10 and under age group. She finished 24th in the overall race of 117 women.

Saile Koncellah, age 10, received the third place prize in the 10 and under age group. She came in 43rd in the overall race.

These girls always come back with a win.

Congratulations!

Glades Central Wrestling

Last Friday many schools gathered at Benjamin High School in West Palm Beach for a District Wrestling Tournament. Among those was Glades-Central Community High School.

As of then, Glades Central finished in 6th place.

Place winners were:

5th-Clive Staple at 119 lbs.

Anthony Otis at 145 lbs.

4th-Eudson Montunant at 152 lbs.

Jermaine King at 275 lbs.

3rd-Sidney Desamour at 140 lbs.

Dwight Forde at 215 lbs.

2nd-Roger Dowdell at 160 lbs.

District champion was David Neal at 125 lbs.

The top four finishers at each weight class move on to the Regional Tournament on March 6 and 7 at Cardinal Gibbons High School in Fort Lauderdale. Wrestler's placing in the top four of the regional tournament will go on to

the state tournament on March 13 and 14 at the Lakeland Civic Center.



News Briefs Continued....

Youth holding rummage sale to host after prom party

Students in the Junior class at Glades Day School are holding a gigantic rummage sale on Saturday, March 7 at 7 a.m. to raise money for an after prom party. Over 50 families have donated items for this sale, which is strictly an effort by the students and parents, not a school event. Parents involved say the party is an alternative for teens who might otherwise drink or party unchaperoned after the prom.

The teens will hold the rummage sale at 1408 N.W. Avenue L (two doors west of the Belle Glade Post Office).

GDS Golf Tournament

The Ninth Annual Glades Day School Golf Tournament will be held Saturday, March 21 at the Belle Glade Golf Course. Registration is at 8:30 a.m. and tee-off time is 9 a.m. The game is a scramble format.

Advance sign up is required so those interested should call the golf course office at 996-6605 to register.

Spring Fair

Good Shepherd Church of God, 1800 Bacon Point Road, Pahokee.

Pinocchio auditions to be held

Auditions will be held for Missoula Children's Theatre (MCT) production of Pinocchio Monday, March 23 from 3:30 p.m. to 5:30 p.m. All those auditioning should arrive at 3:30 p.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the auditions.

Among the roles to be cast are the Blue Fairy, Jiminy Cricket, the Fox and Cat, Candlewick and Crew, Urchins, Pleasure Isle Kids,

Puppets and Toys. Students ages K through 12th grade are encouraged to audition. No advance preparation is necessary. Assistant Directors will also be cast to aid in rehearsals throughout the week, and to take on essential backstage responsibilities.

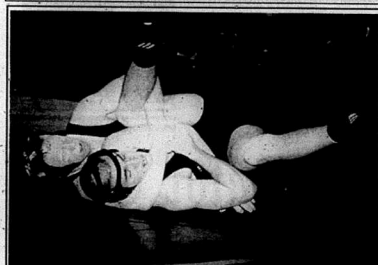
Missoula Children's Theatre touring productions are complete with costumes, scenery, props and makeup. The MCT Tour Actor/Directors will conduct rehearsals throughout the week from 3:30 p.m. to 8:30

p.m. each day.

PINOCCHIO will be presented on Saturday, March 28 at the Dolly Hand Cultural Arts Center. The Missoula Children's Theatre residency in Belle Glade is brought to you by the Dolly Hand Cultural Arts Center and the Community Foundation of Palm Beach and Martin Counties.

For more information, call the box office at 561-992-6160.

Scruggs takes district wrestling title



Belle Glade was well represented in the district 14-4A wrestling tournament held at the Benjamin School in North Palm Beach on Saturday, February 28, when Donnie Scruggs of Glades Day School and Roger Dowdell of Glades

will be hosting a Spring Fair, March 12-14. On March 12 and 13 the fair will be from 5 to 10 p.m. and on Saturday, March 14 from 10 a.m. to 10 p.m.

The fair will feature rides, games, food, a gospel sing, bake sale, Kids' Corner, Paint Ball, Laser Tag and other activities. For more information call 924-9578.

"How Can We Help" Day is in March

Staff at the C.L. Brumback Health Center in Belle Glade are sponsoring the third, "How Can We Help Day" on Friday, March 29, from 9 a.m. to 4 p.m., at the Belle Glade Loading Ramp, between 5th and 6th Streets and Avenues C and D. The purpose of the event is to provide area residents with information on the various services available to them and to inform them of dates and times for specialized conferences and educational opportunities.

Any agency wishing to participate should contact Marylou

Central finished first and second, respectively, in the 160 lb. weight class.

Scruggs, a junior at Glades Day School, dominated the 160 lb. weight class in Saturday's 14-4A district wrestling competition. His first win was a 15-2

Powers at 996-1600 for a registration form.

International Women's Day is March 8

March 8 is International Women's Day and activities are being planned at the Suncoast High School Theater in Riviera Beach. Sponsored by the Baha's of Palm Beach County and the City of Riviera Beach, the event will be from 1 to 5 p.m.

Men, women, and youth are invited. There is no charge. Keynote speakers are Nobel Peace Laureate, Betty Williams from Northern Ireland; Patricia Locke from Standing Rock Reservation, South Dakota; and June Degnan, a Yupik/Inupik Eskimo from Alaska.

Gospel Explosion added to Afro Arts Fest

It's that time of year again. The Afro Arts Festival will be held March 19 and an added attraction will be a Gospel Explosion. The gospel event will be sponsored by

major decision over Nick Rimes of Ft. Pierce Westwood. His second match of the day was almost over before it started when he recorded a 25 second pin against Michael Goulet of Royal Palm Beach. In the championship match, Scruggs faced Dowdell, a senior at Glades Central, and handed him his first defeat of the day with a 20-3 tech fall.

Scruggs has had wins all season against opponents in schools as large as 6A in both the 160 and 171 lb. weight class. His current record is 17-0 as he heads to Ft. Lauderdale Cardinal Gibbons on Friday to compete in regional matches. The top four wrestler's in each weight class at district competition qualify for regionals so Dowdell will join Scruggs there for a fine representation of Glades

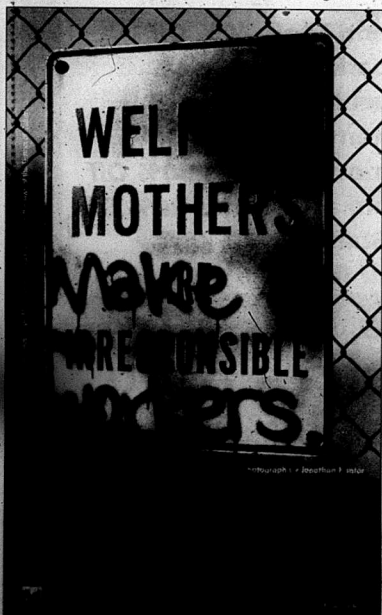
Zeta Phi Beat Sorority and will begin at 7 p.m.

Performers are needed for the Gospel Explosion, including soloists, duets, Trios, groups, choirs (both school and church).

Applications available for Harvest Queen Pageant

The annual Harvest Queen pageant will be held on April 24, 1998 at the Dolly Hand Cultural Arts Center in Belle Glade. Applications are available for contestants ages 16-21 at Atlantic Pacific Insurance, 204 N.W. Ave. L, Belle Glade. Each contestant is required to obtain a sponsor. The sponsorship fee is \$100 and contestants must be a resident of, or attend school in Belle Glade, Pahokee or South Bay.

The pageant is co-sponsored by Palm Beach Community College and the Belle Glade Lions Club. Entry deadline is March 13. Any questions should be addressed to Becky White at 996-5800.



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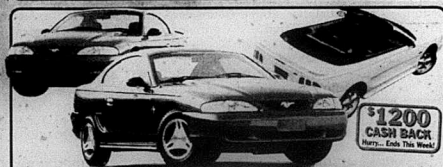
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Provider/Member Services Coordinator: Individual needed to coordinate development and maintenance of provider network, staff training, and continuing education for providers, marketing services, and technical assistance to members of the Network. Background in membership services organization helpful, good skills in writing and public relations, experience in designing handbooks, brochures and other publications. Computer skills: database, presentation, WP, spreadsheet work. Resume only: Lake Okechobee Rural Health Network, 1500 A NW Avenue L, Belle Glade, FL 33430, Attn: Andrew Behrman.

INSTRUMENT TECHNICIAN Southern Gardens Citrus Processing Corporation; a subsidiary of United States Sugar Corporation has an immediate opening for an instrument technician. Requires a minimum of 4 years instrumentation experience in manufacturing facility. Requires familiarity with principles and practices of schematic drawings, electronic theory and process control instrumentation. PLC control experience preferred. Requires 2 year technical degree or equivalent experience. If qualified, please apply at our employment office located on W.C. Owen Ave. in Clewiston or send resume to: United States Sugar Corporation-Human Resources Department, P.O. Drawer 1207 - Clewiston, FL 33440 FAX: 941/902-2889 3/5

THE CITY OF PAHOKEE is currently accepting applications for the position of tractor operator. Applicants must possess a driver's license. Starting rate \$6.00/HR. Applications may be obtained at City Hall personnel office or 171 North Lake Ave. Pahokee. 3/5

PART TIME SECRETARY - 30 hours per week. Send resume to Community United Methodist Church. 401 SW 1st St., Belle Glade. 996-5568. 3/5

MEDICAL RECEPTIONIST Physical Therapy Practice in Belle Glade. Full time with benefits. 996-8086. 3/5

E.C.M.H.S.P. is now accepting applications for a teacher position in the infant-toddler and preschooler classroom. E.C.M.H.S.P. serves children 6 weeks to 5 yrs. in a Migrant Head Start setting. Qualifications: Preferred Bilingual, CDA, and 6 months experience working with appropriate age group (0-3 yrs) Required: High school diploma or GED, previous experience in an Early Childhood Program working with children, read and write

well. Closing date: March 5, 1998. Bring resume and letter of interest to 1140 N.E. 18th St., Belle Glade. See Carolyn Syldell or Pearl Anderson. 3/5

RN, LPN Full-time, Part-time, and Per Diem for all shifts to work at 350 bed juvenile facility located in Pahokee. Please contact Robin Howell 561/924-5922 ext.233. 3/5

SOUTH BAY CORRECTIONAL FACILITY is seeking a Director (Substance Abuse) Substance Abuse Counselor, Classification Counselor, Librarian, Life Skills Instructor. Must have a degree (certification may be required). Excellent!!! Salary+Benefits. Fax Resume 561/992-9551. EOE M/F/H/V. 3/19

HENDRY REGIONAL MEDICAL Center job line. For employment inquiries, call 941-902-3085.EOE. tfn

CLEWISTON HEALTH CARE CENTER is seeking CNAs for all shifts for full time and part time positions. We offer free uniforms, tuition reimbursement, new wages, growth opportunities and a family atmosphere. New graduates are encouraged to apply. Contact Alina Miracle at 941-983-5123. tfn

TRUCK DRIVERS WANTED! Regional Runs Available! Training Available! Great Pay/Benefits. Consistent Miles. Job Stability. Home More Often. Tuition Reimbursement. Swift Transportation. 800-644- 2257. (EOE/M/F) FCAN. 3/5

DRIVER OTR COVENANT TRANSPORT - West Coast runs. \$1,000 sign-on bonus for experienced drivers. Health/Life insurance available. First day on truck. Experienced drivers wanted. Operators and Team Call 800-41-4394. Graduate students...800-338-6424. FCAN. 3/5

EARN MONEY READING BOOKS! \$30,000/yr income potential. Details. 800-513-4343. Ext. Y-1616. FCAN. 3/5

HONEST INCOME \$300 to \$1000 weekly potential. FHA mortgage refunds. No experience. Own hours. Part-time/Full-time. Start now!! 305-460-3259 or 800-645-7802 Dept. 92. FCAN. 3/5

Misc. for Sale

FACTORY DIRECT POOL HEATERS. Heat pump, solar or gas. Major brands. New used. Do it yourself or installed. Free phone quotes. 800-333-WARM (9276). www.soldardirect.com. Members BBB, lic. #CWC029795. FCAN. 3/5

FREE CLASSIFIEDS: Run a classified ad for FREE! Any item for sale, priced under

\$2000 is FREE...for up to two weeks. One item per ad, price must be included, two ad per customer. Ads will run under our Miscellaneous Items for Sale heading. Come by call The Sun at 417 NW 16th Street, Suite 5, Belle Glade, 561-996-4404. tfn

RAINBOW VACUUM CLEANER - Includes a never used shampooer. Used only a few times. \$500.00 Call Cheryl at 996-2617 or 993-4480. 3/5

TWIN SIZE TRUNDLE BED. Includes 2 mattresses. \$100.00 Call Cheryl at 996-2617 or 993-4480. 3/5

TWO SEWING MACHINES Necchi Console, Life New! \$200.00, Singer Portable \$150.00. Call at 12:00 Noon or 4:00 p.m. 996-2608. 3/5

CHURCH FURNITURE. Does your church need pews, pulpit set, baptismal, steeple, windows, carpet, lighting, pew cushions? Big sale on new cushioned pews 800-321-8360. FCAN. 3/5

Selling Your Mobile Home? Signs on telephone poles not getting results? Call Glenda at 561-996-4404 to place an ad in *The Sun Classifieds* and watch it go! tfn

FREE 10x20 Work Shop, complete with lights & benches with the Purchase of a Double Wide Mobile Home, including 75x105 lot. Well kept neighborhood. Screen room & covered patio, extra lg. Living room, Master bedroom & bath, floor & shade trees, 2 Br. 2 Bath. Call 941-983-2674

Music & Instruments

HAS YOUR KID OUTGROWN that drumset, trumpet or guitar? Make another child happy and save another parent some money by unloading it through *The Sun Classifieds*. Call Glenda at 561-996-4404 to place an ad. tfn

Notices

NEED TO GET A MESSAGE OUT TO THE COMMUNITY? Put it in *The Sun Classifieds*! Call Glenda at 561-996-4404 for an advertisement. tfn

TOURS - Ecology, Farms! History, Everglades reclamation, Barley Barber Swamp, Owen's Groves, All interior Florida. 561/924-2003. 3/12

ABUNDANCE & OPPORTUNITIES IN AFRICA for american Christians called to GOD'S purpose in Evangelism, Business or Medicine. For Free Information Call 800-426-2000. Legalnet. FCAN. 3/5

Gilbert Southern P/U Clew. News

LEGAL NOTICES

INVITATION TO BID

The City of Pahokee will receive sealed bids for: Walking Path and Parking, Martin Luther King Park Project No. 9121-A

Sealed bids will be received by the City of Pahokee in its offices on March 20, 1998, no later than 4:00PM, local time, at which time the sealed bids will be publicly opened and read aloud. Sealed bids will have the project name: WALKING PATH AND PARKING, MARTIN LUTHER KING PARK marked on the outside of the envelope.

The project consists of furnishing and installing approximately 177 various types and sizes trees in the park.

Copies of the Contract Documents (Contract Documents, Specifications and Drawings) are on file and available for public inspection at the following locations:

City of Pahokee 171 N. Lake Ave. Pahokee, FL 33476 961-924-5534.

M.A. Schick & Associates, Inc. Consulting Engineers 925 N. Dixie Hwy. Lake Worth, FL 33411 561-791-6651/561-585-3636

Prospective bidders may obtain copies of the Contract Documents only through the Consulting Engineers, M.A. Schick & Associates, Inc.

All responsive bids shall contain the following:

1. The completed Bid Proposal, signed as required by the City of Pahokee.

The successful bidder will be required to furnish "Balance of current personal injury, property damage, workers compensation and other applicable coverage" in the bid.

Contract will be awarded to the lowest responsible bidder, provided the bid is reasonable, and in the best interest of the City of Pahokee, and the bidder has complied with all applicable Laws and the requirements of the bid documents. The City of Pahokee reserves the right to reject any and all bids and to waive any information in bids whenever it is in the best interest of the City of Pahokee.

Published: The Sun, February 26, March 5, 1998. Legal No. 98-22

INVITATION TO BID

The City of Pahokee will receive sealed bids for: Walking Path and Parking Landscaping, Martin Luther King Park Project No. 9121-A

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charge for the contract Documents is \$25.00, Non-Refundable. A \$15.00 Non-Refundable handling fee will be charged for handling of the documents which are sent to bidders via overnight delivery. All costs for overnight delivery shall be paid by the bidder. All checks for partial and handling fees as applicable are to be made out to M.A. Schick & Associates, Inc.

All responsive bids shall contain the following:

1. The completed Bid Proposal, signed as required by the City of Pahokee.

The successful bidder will be required to furnish evidence of current personal injury, property damage, workers compensation and other applicable insurance.

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Prospective bidders may obtain copies of the Contract Documents only through the Consulting Engineers, M.A. Schick & Associates, Inc. The

Phone:
561-996-4404

Classifieds

FAX:
561-996-2209

ESTATE AUCTION: 251+ Acres farmland/development property. Clay County, GA. Homesites, mini farms, abundant game/fish, recreational area near golf courses. Sat., March 14, 10 a.m. Rowell Realty & Auction Co., Inc., 800-323-8388. G.A.L. 701. FCAN. 3/5

SCOTT ANTIQUE MARKET: Two Mammoth Facilities. 2400 booths- March 13-15. 2nd weekend of every month. Atlanta Expo Centers-Atlanta, GA. 1-285 at Jonesboro Road. 614-569-4112. FCAN. 3/5

ABSOLUTE AUCTION: 5 Acres Commercial Property on US 41, Punta Gorda, plus many lots in Sarasota & Charlotte Counties. Sunday March 4th. CALL for BROCHURE 800-749-7450. Neal Van De Ree auctioneers RE Broker. FCAN. 3/5

Personals

LOOKING TO MEET that special someone? Want to give the person in your life a special message. Put it in the paper! Call Glenda at 561-996-4404 to place a personal ad in *The Sun Classifieds*. tfn

Pets & Supplies

LIQUID WORMERS are not created alike. All new Happy Jack Liquid-Viet delivers active ingredients with the latest technology. At GOLDKIST Visit WWW.HAPPYJACKINC.COM. FCAN. 3/5

LOSING A PET CAN BE PAINFUL... Let *The Sun Classifieds* try to help you find your special friend. To place an ad, call Glenda at 561-996-4404. tfn

Apartments

PAHOKEE NOW RENTING 1 bedroom \$238, 2 bedroom starting at \$295, 3 bedroom \$400 per month. Monthly or weekly. Nice & clean apartment building at 314 Rardin Ave. Now accepting Section 8 rent subsidy. Call Parker Apartments at 924-5493 or 924-1959. tfn

APARTMENTS FOR RENT South Bay 1 Br. 1 Bath \$200/month. Call 996-2615 Daytime 993-9960

APARTMENT AVAILABLE? Get a renter in there! Call Glenda at 561-996-4404 to place an ad in *The Sun Classifieds*. tfn

Classifieds.

tfn FCAN.

3/5

Homes for Rent

GOT A HOUSE FOR RENT? Put an ad in *The Sun Classifieds* and get that lease signed! Call Glenda at 561-996-4404 to place an ad. tfn

Rooms for Rent

NEED EXTRA INCOME? GOT A SPARE ROOM? Turn it into a money maker! Call Glenda at *The Sun* to place a classified ad. tfn

Yard Sales

HAVING A YARD/GARAGE SALE? Hard core yard sale fans always check *The Sun Classifieds* first! Call Glenda at 561-996-4404 to place an ad! tfn

MULTI-FAMILY YARD SALE. Fax, typewriter, bike, recliner, household items. March 7th (Saturday) 7am until?? 1083 Wedgworth Rd. 3/5

GIGANTIC RUMMAGE SALE Saturday March 7th - 7am. 1408 NW Ave. L (two doors west of Post Office) Junior Class, Glades Day School. 3/5

Real Estate

WESTERN NORTH CAROLINA MOUNTAINS. Cool Mountain air, views & streams! FREE Brochure of Mountain Properties/vacation rentals 800-624-5333 Realty of Murphy.. 517 Peachtree St., Murphy, NC 28906. FCAN. 3/5

LAND FOR SALE. Sealed bids Sales: March 15, 1998. Manatee County acreage 81, acres at 1-285, 360 acres on Buckeye and 1-75, 159 acres on US 301 and Hillsborough Co. line. 450 acres Myakka City, all producing citrus groves/development land. For packages call 941-439-8057. Barbara Shaw Douglas, Realtor. 3/12

GOVERNMENT FORECLOSED HOMES. pennies on the \$1. Repo's, VA, HUD, Sheriff sales. No money down government loans available now. Local Listings. Toll free 800-669-2292 ext. H-4000. FCAN. 3/5

VOLUSIA COUNTY FLORIDA LAND BARGAIN 50+ Acres \$49,900. 600 ft./paved road. Near beaches, river, National Forest. Orlando 50 minutes. Financing Available. Atlantic Land Consultants. 800-635-5263. www.atlanticland.com

BUILDING AT 133 LAKE AVE. FOR SALE. Downstairs-two/2 bedroom apts. Upstairs- Large open area. If interested call 924-5151 & leave message. 3/5

WESTERN NORTH CAROLINA MOUNTAINS. Call for Free Brochure of properties and homes. 800-438-8159. In business over 20 years. Raper Realty, Inc., po Box 619, Murphy, NC 28906. FCAN. 3/5

LOT FOR SALE? Call Glenda at *The Sun*, 561-996-4404, to place a classified ad. tfn

Tanning

WOLFF TANNING BEDS: Tan at home. Buy DIRECT and SAVE! Commercial/home units from \$199. Low monthly payments. FREE color catalog. Call today, 800-842-1310. FCAN. 3/5

Legal Services

HEY, BAIL BONDSMEN!! Your ad could be seen here! Call Glenda at 561-996-4404 to place an ad in *The Sun Classifieds*! tfn

DIVORCE \$150*. Covers children, property division, name change, military, missing spouse, etc. One signature required. *Excludes govt. fees, uncontested. Paperwork done for you. 800-462-2000, Budget Divorce. FCAN. 3/5

ATTENTION ATTORNEYS: Let the community know you're there! Advertise with *The Sun*! Call Glenda for a classified ad or Penny for an attractive display ad, at 561-996-4404. tfn

Financial Services

TAX PREPARERS: It's that time of year again! Let our readers know about your services! Call Penny for an attractive display ad, or Glenda for a classified ad in *The Sun*. 561-996-4404. tfn

CASH! Immediate \$\$ for structured settlements and deferred insurance claims. J.G. Wentworth...888-231-5375. FCAN. 3/5

BEHIND ON HOUSE PAYMENTS? Need help fast? Seven programs to get you current. No application fee. Capital Resources, Inc., 800-452-9572. BBB member. FCAN. 3/5

"FAST LOANS" Homeowners \$20,000-\$100,000. Cash for any reason. Consolidate bills. 12.5% of home's value. No equity needed. Simple phone application. Nothing out of pocket! No obligation! Don't delay! NLG Mortgage Co. 800-948-0514. FCAN. 3/5

GOT CREDIT PROBLEMS? Check out *The Sun Classifieds* for assistance. We have many advertisers who could help you out of your bind. tfn

HOMEOWNERS! DEBT CONSOLIDATION! Borrow \$25,000-\$100,000. Too many bills? Home Improvements. Apply by phone/24 hour approval. NO EQUITY REQUIRED. Platinum Capital: 800-523-5363/Open 7 days. FCAN. 3/5

REFINANCE & SAVE \$100s EACH MONTH. With Today's Low Mortgage Rates. Consolidate debt, improve your home or get needed cash with Fairbank Mortgage. *24hour pre-approvals. *Quick Closings. *Competitive Rates. Custom Programs For Every Need. *Good and Problem Credit. *No-Income Verification. *Self-employed. *Bankruptcy. *125% Equity Financing. We Bend Over Backwards to Approve Your Loan. FAIRBANK MORTGAGE 800-346-5626 ext 552 Fl. Lic. ML9700547. FCAN. 3/5

NEED CASH? I buy old coins, guns, and pocket watches. Call 561-996-9400. tfn

READY MONEY FOR your structured settlement, lottery winnings, trust income & other deferred income. Also, life insurance vatication. **READY MONEY CAPITAL.** 888-READY-42. FCAN. 3/5

\$\$\$NEED CASH??? We pay cash for remaining payments on property sold! Mortgages!

Injury Annuities! Immediate Quotes! "Nobody beats our prices!" National Contract Buyers 800-776-8506. FCAN. 3/5

DEBT CONSOLIDATIONS. Stop monthly payments up to 30% to 50%. Reduce interest. Stop collection calls. Avoid Bankruptcy. FREE confidential help, GENUS Credit Management. Non-profit, licensed/bonded. 800-955-0412. TFP. FCAN. 3/5

A NATIONAL MOBILE HOME FINANCE company has 2.3, & 4 BR single and multi-section Bank Reps. Great rates, easy quality and transfer of payments. Terms negotiable or make cash offer. FREE Call 800-651-4625 ext. 911. FCAN. 3/5

ARE YOU DROWNING IN DEBT? Debt relief-free, immediate, confidential. Consolidate payments, lower interest. Call 888-BILL FREE or 888-245-5373. American Credit Counselors, nonprofit. FCAN. 3/5

\$\$\$HOMEOWNERS: Get debt Consolidation, Home Improvement and vacation loans! No equity, appraisal, or application fee. Credit problems understood. Mobile Homes OK. 800-369-8043 Ext. 22. FCAN. 3/5

CASH NOW!! We purchase mortgages, annuities, and business notes. Since 1984 highest prices paid. Free estimates, prompt professional service. Colonial Financing 800-969-1200 Ext. 50. FCAN. 3/5

DEBT CONSOLIDATION! Minimum \$3500 & up. Homeowners-Business-Personal. No Equity or collateral required. No up front fees. 9AM-9PM Eastern. Apply by phone. 800-560-6662. FCAN. 3/5

HOMEOWNERS call Common Point Mortgage

today and get the cash you need. Eliminate high-interest credit card debt, repair damaged credit or make home improvements. 800-968-2221. FCAN. 3/5

PUT CASH IN YOUR HANDS today! Receive a lump-sum on your PFC and GRP payments and begin meeting your current needs...now! Settlement Capital 888-FARM ACT (327-6228). FCAN. 3/5



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The bargains are in the **CLASSIFIEDS!** There's no better place than the Classifieds to get your paws on: ***CARS*FURNITURE*PETS* *APPLIANCES*BIKES*** *MUCH MUCH MORE* Check our weekly listings, or call 561-996-4404 to place an ad.

The Sun

"It's the cat's meow!"



Paul Miller of Alta Loma, California grew the largest mustache ever grown in the U.S. It measured eight feet by March 1993.



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Sunday Appointments on request
We will match or beat any local competitors with written estimate.

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Be sure to get all the local news with a subscription to The Sun.

Send check or money order with coupon to: *The Sun*, 417, NW 16th Street, Suite 6, Belle Glade, FL 33430.

In-County Rates

- ☐ 2 years - \$29.80
- ☐ 18 months - \$23.32
- ☐ 1 year - \$15.90
- ☐ 6 months - \$10.60



Prices include 6% Florida State Sales Tax. Tax exempt organizations should contact The Sun at 561-996-4404 to obtain the proper rates.

Out-of-County Rates

- ☐ 2 years - \$59.36
- ☐ 18 months - \$46.64
- ☐ 1 year - \$31.80
- ☐ 6 months - \$21.20

Name _____ Phone () _____
Mailing Address _____
City _____ State _____ 9-Digit Zip _____

DRIVERS WANTED

EVERYDAY IS PAY DAY WHEN YOU DRIVE FOR PAPA JOHN'S

One of America's fastest-growing delivery and carry out pizza companies is growing fast in your area, too. So we need more pizza delivery drivers. Check the advantages.

- Start at \$5.50 per hour
- Earn up to \$10 an hour
- Best mileage reimbursement in the industry
- Flexible hours
- Fun environment
- Opportunity for advancement

Drivers must be 18 or older, have dependable safe vehicle, satisfactory driving record and proof of insurance. Apply at the Papa John's location nearest you.

Royal's, Inc.
324 S.W. 16th Street
Belle Glade



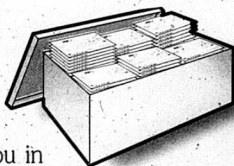
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A Better Checking System has arrived.

Technology of the future is bringing a world of new possibilities to Bank of Belle Glade. With more services available from your checking account than you ever imagined.

NO MORE SHOE BOXES

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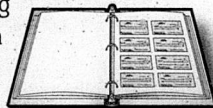


FASTER SERVICE

At Bank of Belle Glade, you can access any cancelled check from your bank...instantly. You can even have it faxed to you within minutes, not days.

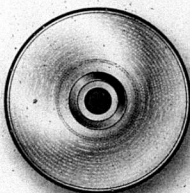
SIMPLE TAX PREPARATION

With our better checking system, you just open a 3-ring binder and find all your tax records for the year at a glance. Imagine not having to sort through all your checks at tax time. Something both you and your tax preparer will appreciate. Bank of Belle Glade makes it possible.



UNLIMITED POSSIBILITIES FOR THE FUTURE

Soon you can have your checks returned on CD-Rom, so you can have a greatly enhanced storage and retrieval system. That's simplicity. Imagine the Possibilities for a Better Checking System...it's here now at Bank of Belle Glade. For more information stop by, or call us at 996-6711.



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OF

Belle Glade

HomeTown Strong.

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SOUTH BAY BRANCH: 115 U.S. Highway 27 South, South Bay, Florida 33493 • 561-996-0550 • MEMBER FDIC

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Western Palm
Beach County

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Since 1936

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- * *Locally managed and operated*
- * *Dedicated to quality care for all*



Everglades Regional Medical Center

200 S. Barfield Highway • Pahokee, FL
(561) 924-5200

Everglades Regional Medical Center



* **Small** enough to **care**,

* **Big** enough to **Lead**

Keeping Quality Health Care Local is Everglades's Top Priority

Everglades Regional Medical Center has served the Glades area communities for more than 61 years and is firmly established as one of Florida's leading rural regional health care providers.

From its modest beginning as the only hospital in the isolated Lake Okeechobee region 61 years ago to the modern, state-of-the-art hospital of today, the professional staff at Everglades Regional has built a tradition for reliable, competent health care. The hospital has changed to meet the needs of the public, looking towards the new century without losing sight of its most important mandate-- that of ensuring the health care security of thousands of Glades residents in its regional service area. Everglades Regional Medical Center serves the residents from around the entire Lake Okeechobee area, with patients coming from Okeechobee, Fort Pierce, Moore Haven, Clewiston, South Bay, Belle Glade, Pahokee, Canal Point and other nearby coastal communities.

Changes in health care needs have brought new innovations and services to the 63-bed fully accredited acute care regional hospital located in Pahokee. The most recent major addition is the construction of a helipad on-site to accommodate helicopter landing for transport of trauma patients to nearby trauma specialty facilities. Everglades Regional Medical Center provides the area's largest and most sophisticated maternity center, an intensive care unit comparable with those located anywhere else in the country, as well as an emergency room complex.

The hospital's leadership and the entire community points with pride to the excellent staff of physicians who have chosen Everglades Regional Medical Center for their practices. From general practice to many of the most needed specialties, these dedicated physicians are bringing health care services to the Everglades service area, enjoyed by few other hospitals its size in the nation. These vital health care services maintained locally at the not-for-profit public hospital, ensures quality health care for all who are in need in the Lake Okeechobee area.

Services include a complete pediatric department, woman's health center, ambulatory and outpatient surgery, cardiology, diagnostic services including mobile MRI imaging, CAT Scan, medical laboratory, physical therapy and rehabilitation.

Everglades Regional's Family Care Center, conveniently located in downtown Belle Glade, provides quality physician services for newborn, pediatric and adults at hours convenient to working people including evenings and Saturdays. With the Family Care Center motto "Our Family Caring For Yours" personalized services are provided by caring physicians working with a dedicated staff of health care professionals in pleasant, modern surroundings and no appointments are necessary.

The most important obligation and priority of Everglades Regional Medical Center continues to focus on our goal to keep health care local, at a quality level equal to or better than can be expected anywhere else in the country, easily accessible for all the people of the Glades.

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THE SUN

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 561-996-4404
 Published March 5, 1998

FOR EMERGENCIES DIAL



9 1 1



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Pahokee	924-2424
Canal Point	924-7766

POLICE DEPARTMENT

Belle Glade	924-7251
South Bay	996-6511
Pahokee	924-5691
Canal Point	924-7766

HOSPITALS

Everglades Regional Medical Center	924-5201
Glades General Hospital	996-6571

AMBULANCE - Non-Emergency	924-5401
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HIGHWAY PATROL	924-5580
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SHERIFF	996-1670
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Crisis Line	996-1121
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POISON INFORMATION CENTER	1-800-282-3171
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Abuse Registry	1-800-962-2873
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Aids National Hotline	1-800-352-2437
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Alcohol, Tobacco & Firearms (ATF)	1-561-835-8878
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FBI (West Palm Beach)	1-561-833-7517
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Find Hotline	1-800-426-5678
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Missing Children Informatio. Clearinghouse	1-800-342-0821
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National Center for Substance Abuse	1-800-662-4357
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National Child Safety Council	1-800-222-1464
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Oil & Toxic Chemical Spills	1-800-424-8802
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Parents Anonymous	1-800-532-3208
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U.S. Consumer Safety Commission	1-800-638-2772
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Automobile Safety	1-800-424-9393
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U.S. Secret Service (West Palm Beach)	1-561-659-0184
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CPR

Breathing Stoppage

Open the airway by lifting the chin while gently pushing down on the forehead with the other hand, to tilt the head back.

Put your ear over the patient's nose and mouth, **LOOK** to see if the chest is rising and falling; **LISTEN** for the sound of air; **FEEL** for air on your cheek. If all are absent, the patient is not breathing and immediate action is necessary.

SEND someone to call for an ambulance immediately.



1. Pinch nostrils shut.
2. Cover victim's mouth with yours.
3. Blow directly into victim's mouth once every 5 seconds.
4. Remove your mouth between breaths to allow victim to exhale.



WHAT NOT TO DO:

DO NOT leave the patient alone.
DO NOT delay action. Death or permanent brain damage can occur in 4 to 6 minutes.



REMEMBER, BE SURE AIR IS GETTING TO YOUR PATIENT. YOU MUST SEE HIS CHEST RISE AND FALL. IF IT DOES NOT AND YOU POSITIONED THE PATIENT CORRECTLY SUSPECT BLOCKAGE.
(SEE AIRWAY OBSTRUCTIONS)

CHEST PAIN

IMPORTANT: Only a doctor can tell for sure if the chest pain is caused by a heart problem. If it is, the sooner treatment begins, the better the patient's chances for full recovery. Waiting to see if the pain will "GO AWAY" or hoping it was "ONLY INDIGESTION" can be dangerous! *Although heart attacks can be very serious, the chances of recovery are greatly increased by prompt treatment.*

What to look for: Pain or feeling of heavy pressure in the chest. The pain might spread to the arms, neck, jaw or back. There may be nausea or dizziness, difficulty breathing or the symptoms may feel like indigestion or heartburn. The patient may deny there is anything wrong.

What to do: Call for an ambulance immediately if patient is or becomes unconscious; check for breathing and pulse. If absent begin CPR if trained to do so. Loosen clothing and keep patient as quiet as possible. Reassure the patient.

What not to do: DO NOT delay seeking help, even if the patient objects.
DO NOT panic. It could make the patient worse.
DO NOT attempt to drive the patient to the hospital in a car. If he/she should get worse, there is nothing you could do to help in the car. Ambulance crews have the necessary training to care for the patient.

CPR training is recommended to be properly prepared to respond correctly.

Dental Implants

The three-phase dental implant process typically takes about a year from the initial evaluation to completion:

- First an oral and maxillofacial surgeon places a titanium anchor into the jawbone, a short procedure that is usually performed in the surgeon's office. Gum tissue is allowed to heal for three to six months while the implant gradually bonds with the jawbone.

- In the second surgery, metal pieces called abutments are attached to the exposed tops of the implants. A restorative dentist will create molds for the replacement teeth.

- After a few more weeks of healing, the artificial teeth are then tested on the patient to assure prop-

er fit and bite. Some teeth may be permanently attached, while others will snap on, clip on or be held in place with other attachments so they can be easily removed for cleaning or sleeping.

Implant cost will vary from \$1,000 to \$3,000 for one tooth - comparable to the cost of a fixed bridge - to several thousand dollars or more for a full upper or lower jaw.

For more information about dental implants, contact the American Association of Oral and Maxillofacial Surgeons (AAOMS) at 9700 W. Bryn Mawr Ave., Rosemont, IL 60018-5701. You can call (847) 678-6200 or visit the Internet at www.aaoms.org.

Home First Aid Kit

- **ACETAMINOPHEN**, aspirin, or ibuprofen tablets for headaches, pain, fever, and sinusitis. **DO NOT GIVE CHILDREN ASPIRIN.** Check with the doctor before giving children ibuprofen.
- **IPECAC SYRUP:** To induce vomiting (use only on the advice of a poison control center, your physician or the emergency department).
- **ELASTIC WRAPS:** For wrapping wrist, ankle, knee, and elbow injuries.
- **TRIANGULAR BANDAGE:** For wrapping injuries and making an arm sling.
- **SCISSORS** with rounded tips.
- **ADHESIVE TAPE:** For bandaging.
- **DISPOSABLE, INSTANT ICE BAGS:** For icing injuries and treating high fever.
- **BANDAGES OF ASSORTED SIZES:** For covering minor cuts and scrapes.
- **ANTIBIOTIC OINTMENT:** For burns, cuts and scrapes.
- **BANDAGE:** 1/2 inch and 1 inch for holding bandage edges together.
- **TWEEZERS:** To remove small splinters and ticks.
- **SAFETY PINS:** To fasten splints and bandages.
- **RUBBER GLOVES:** To protect your hands and reduce the risk of infection when treating open wounds.
- **FIRST AID MANUAL** such as the Home Organizer for Medical Emergencies.



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Better Safe Than Sorry with Poison

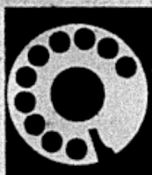
Be prepared. More than 90 percent of the poisonings that took place last year happened at home.

If you suspect or know about a poisoning, it's important to act quickly. These tips from the United States Pharmacopeia may help you save a life:



Call 911 or another emergency service if the victim is unconscious, convulsing, not breathing or appears to be suffering from any serious effects that could be life threatening.

If you suspect poisoning, but there are no obvious symp-



oms, don't wait. Call the Poison Control Center or other emergency service. Keep the number posted in a handy place.

Poison Control Centers will want to know the age and condition of the victim, plus what, when and how much of the medicine, household chemical or other harmful substance was taken.

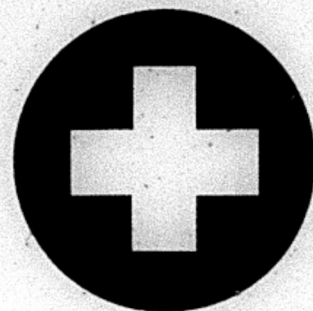


Don't attempt any treatments before talking to a health care professional. Do keep ipecac syrup and activated charcoal

in your home emergency kit, just in case those are appropriate treatments.

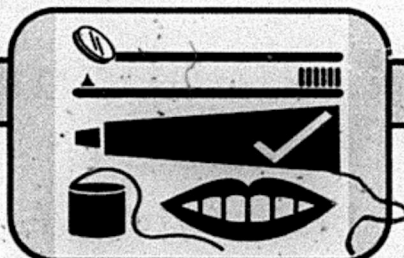
More Information

For information about accidental poisoning, write to United States Pharmacopeia, Just Ask!, 12601 Twinbrook Parkway, Rockville, MD 20852.



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EMERGENCIES

POISONINGS

MORE THAN 90% OF ALL POISONINGS TAKE PLACE AT HOME

Inhaled Poisons Immediately get the person to fresh air. Avoid breathing fumes. Open doors and windows wide. If victim is not breathing start artificial respiration.

Poisons on the Skin Remove contaminated clothing and flood skin with water for 10 minutes. Then wash gently with soap and water then rinse.

Poisons in the Eye Flood the eye with lukewarm (not hot) water poured from a large glass 2 or 3 inches from the eye. Repeat for 15 minutes. Have patient blink as much as possible while flooding the eye. Do not force the eyelid open.

Swallowed Poisons If the patient is conscious, ask questions. Look for any containers and take them with you to the telephone. Do not give the victim anything to eat or drink unless a medical professional tells you, to. Keep Syrup of Ipecac to induce vomiting and activated charcoal to absorb swallowed poisons handy for use if your medical professional advises such.

Bites and Stings Gently remove the stinger by scraping with your fingernail or a credit card. Do not squeeze the stinger! This will force more venom into the wound. You may use tweezers as long as you grasp the stinger and not the venom sac. Wash the area with antiseptic or soap and water. Cover it to keep it clean. Ice packs can be used for local pain and swelling. Symptoms such as hives, rash, difficulty in breathing, dizziness, nausea or vomiting should be checked out by a medical professional.

Some marine life, such as sting rays, anemones, and jellyfish have poisonous stings and can make you ill. The best immediate care for these stings are to soak the affected area in salt water. Apply a paste of baking soda or meat tenderizer or ice to reduce swelling. Call EMS if the victim doesn't know what stung him or has a history of allergic reactions.

Call your Poison Control Center or Local Emergency Number and follow their instructions.

H E A D

NECK & BACK

I N J U R I E S

Signals of Injuries to Head, Neck, & Back

Changes in consciousness.

Severe pain or pressure in the head, neck or back.

Tingling or loss of sensation in the hands, fingers, feet, and toes.

Partial or complete loss of movement of any part of the body.

Bumps or depressions on the head or over the spine.

Blood or other fluids in the ears or nose.

Heavy external bleeding of the head, neck or back.

Seizures.

Having trouble seeing or breathing as a result of the injury.

Nausea or vomiting.

Persistent headache.

Loss of balance.

Bruising on the head, around eyes and behind the ears.

INJURIES TO THE SPINE CAN PARALYZE OR KILL

Caring for Head, Neck & Back Injuries

DO NOT move victim until medical help arrives unless victim's life is in danger. Improper movement could injure the spinal cord and cause permanent paralysis.

Maintain an open airway.

Check consciousness and breathing.

Control any external bleeding.

Keep the victim from overheating or chills.

Call Emergency Medical Services as soon as possible.



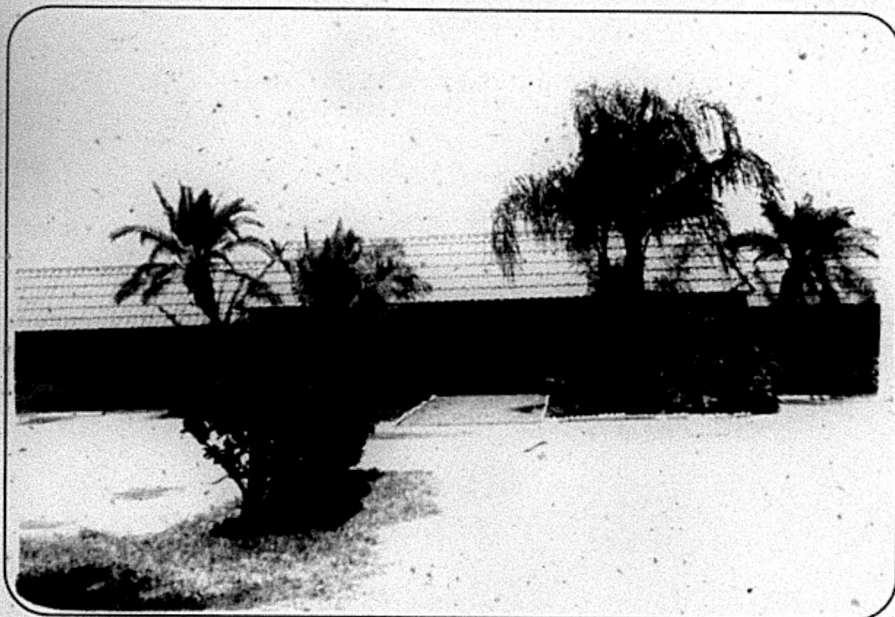
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Recognizing the need for "Combined Caring", GHCC maintains a staff equipped to deal with the who patient. Its high standard of health care is carried through with nurses providing services known throughout the state. Dietary includes a Certified Dietary Manager, in addition to a well staffed kitchen to allow residents a variety of tasty, nutritious foods.

Activities abound with both group and individual activities scheduled daily, as well as "special" outings planned monthly to the zoo or other areas of interest. Religious services are held weekly.

For those needing help with problems or just someone to talk to, the Social Service Office is open to all.

Other services provided include laundry, housekeeping and maintenance. Visiting hours are seven days a week. We are located next to Everglades Regional Medical Center.

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One-Day Cure, Weeklong Itch Yeast Medication Regimens Are Getting Shorter, But Itching Still Lasts

(MS) — Ever since the Rx-to-OTC switch of vaginal antifungal medications, combined with the trend toward self-medication, millions of women have been flocking to local pharmacy and supermarket shelves to cure their yeast infections. Yet, while the frequency of dosing with anti-fungals keeps getting shorter, down from seven days to three, and most recently to one, women can still find themselves with feminine itching and dis-

comfort for several days after beginning treatment.

"While in most cases the creams and suppositories of over-the-counter antifungals will get rid of the yeast infection," says Dr. Adelaide Nardone, OB/GYN and consultant to The Vagisil™ Women's Health Center, "it can often take several days or even a week for the vulvo-vaginal itching and irritation — which can be quite intense — to stop."

Dr. Nardone says that this is because it takes time for the inflammation that results in the itching, burning, redness and swelling that often accompany a vaginal infection to be resolved.

"There is some misconception that antifungals are also anti-itch medications," says Dr. Stephen

Pennisi, director of product safety and a board-certified toxicologist at Combe Incorporated, maker of Vagisil® feminine-care products, "but they actually have no real anti-itch ingredients in them."

For symptomatic relief of any external itching while undergoing antifungal treatment — whether prescription or over-the-counter — Dr. Nardone recommends using a feminine anti-itch creme, like Vagisil® Anti-Itch Creme or Maximum Strength Vagisil® Anti-Itch Creme, depending on the intensity of the external itching experienced. "The local anesthetic in these products will decrease the annoying symptoms, and the dimethicone will protect the skin from further irritation. This will help

ease the discomfort and allow the area to return to normal while the infection is being treated," she advises. "But, always follow the doctor's instructions or manufacturer's directions, and don't use any product beyond the recommended time."

Dr. Nardone suggests consulting with a physician "if you suspect you have a vaginal infection, especially if you've never experienced one before."

For more information about feminine itching, write to The Vagisil™ Women's Health Center, P.O. Box 328-VG, White Plains, NY 10602-0328. E-mail questions to Femhealth@aol.com.

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Choking/Airway Obstructions

THE HEIMLICH MANEUVER

The Heimlich Maneuver is recommended for relieving foreign body airway obstruction.

A subdiaphragmatic abdominal thrust, by elevating the diaphragm, can force air from the lungs in sufficient quantity to create an artificial cough intended to move and expel an obstructing foreign body in an airway. Each individual thrust should be administered with the intent of relieving the obstruction. An important consideration during application of the maneuver is possible damage to internal organs (see "Complications" section). The rescuer's hands should never be placed on the xiphoid process of the sternum or on the lower margins of the rib cage. They should be below this area but above the navel and in the midline. Regurgitation may occur as a result of abdominal thrusts. Training and proper performance should minimize these problems.

CONSCIOUS VICTIM—standing or sitting

The rescuer should stand behind the victim, wrap his or her arms around the victim's waist, and proceed as follows (Figure 1). Make a fist with one hand. Place the thumb side against the victim's abdomen, in the midline slightly above the navel and well below the tip of the xiphoid process. Grasp the fist with the other hand. Press the fist into the victim's abdomen with a quick upward thrust. Each new thrust should be a separate and distinct movement. The thrust should be repeated until the foreign body is expelled or the victim becomes unconscious.

UNCONSCIOUS VICTIM—lying

The victim should be placed in the supine position with the face up (Figure 2). The rescuer should kneel astride the victim's thighs and place the heel of one hand against the victim's abdomen, in the midline slightly above the navel and well below the tip of the xiphoid, and the second hand directly on top of the first. The rescuer should then press into the abdomen with a quick upward thrust. If the rescuer is in the correct position, he/she has a natural midabdominal position and is thus unlikely to direct the thrust to the right or left. A rescuer too short to reach around the waist of a victim who is conscious can use this technique. The rescuer can use his/her body weight to perform the maneuver. It may be necessary to repeat the thrust 6-10 times to clear the airway.

SELF ADMINISTERED ABDOMINAL THRUSTS

Make a fist with one hand, place the thumb side on the abdomen above the navel and below the xiphoid, grasp the fist with the other hand, and then press inward and upward toward the diaphragm with a quick motion. If this is unsuccessful press the upper abdomen quickly over any firm surface such as the back of a chair, side of a table, or porch railing. Several thrusts may be needed to clear the airway.

COMPLICATIONS

A significant consideration in either abdominal or chest thrusts is possible internal damage, such as rupture or laceration of abdominal or thoracic organs. The rescuer's hands should never be placed on the xiphoid process of the sternum or on the lower margins of the rib cage. In older persons the use of abdominal thrusts has less risk than chest thrusts for the fracture of brittle ribs. Regurgitation can occur after an abdominal thrust. Training and proper performance will minimize these problems.

MANUAL REMOVAL OF FOREIGN BODIES

If a foreign body can be seen in the mouth it should be removed with the fingers. If a foreign body is strongly suspected but cannot be seen, abdominal thrusts may result in moving or dislodging it so that it is more accessible for removal.

FINGER SWEEP

1. The finger sweep (Figure 3) is performed only on the unconscious victim.



FIGURE 3. Finger sweep maneuver administered to an unconscious victim of foreign body airway obstruction.

2. With the head up, the rescuer opens the victim's mouth by grasping both the tongue and lower jaw between his/her thumb and fingers and lifting (tongue-jaw lift). This action draws the tongue from the back of the throat and away from the foreign body. The obstruction may be perfectly relieved by this maneuver.


3. The index finger of the rescuer's available hand is inserted along the inside of the cheek and deeply into the throat to the base of the tongue. A hooking motion is used to dislodge the foreign body and maneuver it into the mouth for removal. Occasionally, it is necessary to use the index finger to push the foreign body against the opposite side of the throat to dislodge and lift it. Take care not to force the object deeper into the airway. If the foreign body comes within reach grasp and remove it.



FIGURE 1. Subdiaphragmatic abdominal thrust (the Heimlich Maneuver) administered to a conscious (standing) victim of foreign body airway obstruction.



FIGURE 2. Subdiaphragmatic abdominal thrust (the Heimlich Maneuver) administered to an unconscious (lying) victim of foreign body airway obstruction.

Check into enrolling in a Basic Life Support Course for more in-depth information. You never know when you will need this knowledge. 

Malignant Melanoma: Monstrously Mainstream

In the United States, someone dies from skin cancer every hour. Although the link between the sun and skin cancer has been well documented, more than one million new skin cancers will be diagnosed in this country this year alone.

"one in five Americans will get skin cancer of some kind in their lifetime," says Darrell Riger, M.D., a New York City dermatologist. "And one in 84 Americans will get melanoma in their lifetime."

The lifetime risk for

melanoma has risen dramatically in recent years. In 1930, the risk of developing melanoma was 1 in 1,500. But by 1980, the chances had leaped to 1 in 250. At the current 6 percent annual rate of increase, by the year 2000, the lifetime risk will be 1 in 75.

The overall incidence rate for melanoma is increasing faster than the rate of any other cancer. Melanoma is the most frequent cancer in women ages 25-29 and the second most

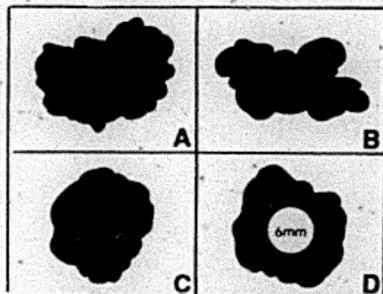
frequent in women ages 30-34, only after breast cancer.

The melanoma epidemics worldwide. Australia, Austria, Canada, Germany, Italy, and Scotland have all experienced a significant increase over the past decades.

With so many countries affected, global factors are being considered. Depletion of the stratospheric ozone layer that-

LOOK FOR DANGER SIGNS IN PIGMENTED LESIONS OF THE SKIN

Consult your dermatologist immediately if any of your moles or pigmented spots exhibit:

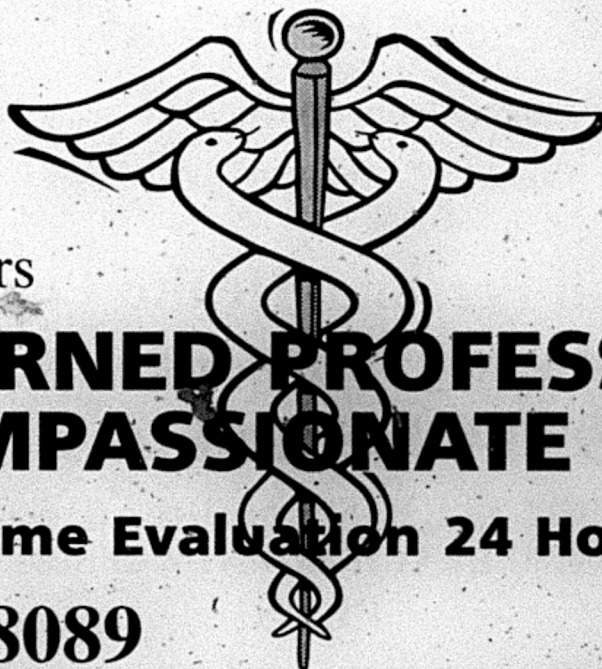


A Asymmetry- one half unlike the other half. **B Border irregular**- scalloped or poorly circumscribed border. **C Color varied** from one area to another; shades of tan and brown; black; sometimes white, red or blue. **D Diameter larger than 6mm** as a rule (diameter of pencil eraser).

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Melanoma, continued from Page 13 allows more intense ultraviolet light to reach the earth's surface may, in part, be responsible for the increases. Lifestyle changes that lead to more 'fun in the sun' also may play a role.

The numbers are mind boggling, and what's worse is that they may be underreported. "Melanoma is the only major cancer where patients may not at some point in their treatment be seen in a hospital. Most cases can be treated in the dermatologist's office," explained Dr. Rigel.

Therefore, many cases may not find their way into tumor registries for statistical reporting.

Melanoma is also very costly. In 1990, an estimated \$1.1 billion was spent for melanoma treatment in the U.S. Medicare program alone. With melanoma rates doubling every 12 years, the annual cost of treating melanoma could exceed \$5 billion by 2010. But there is good news! Most skin cancers could be eliminated if people would use sensible behaviors and limit their sun exposure. Nearly all skin cancers are cur-

able if detected early.

Basal cell cancer, which is the most common form of skin cancer, striking 750,000 Americans yearly, and squamous cell cancer are almost 100 percent curable. "If neglected, all skin cancers, especially melanoma, can be lethal," warned Dr. Rigel.

Dr. Rigel suggests the following strategies for stopping the spread of skin cancer:

- Improve melanoma diagnosing skills by non-dermatologists, since the majority of melanomas are first seen by a primary care physician.

- Emphasize sun protection and avoidance. The belief that tan is 'chic' or beautiful must be replaced with a healthier concept and a dose of reality.

- Develop and better integrate diagnostic techniques.

- Establish a National Melanoma Registry.

These steps could have a cumulative effect. "As the effects of all these programs are felt, we look forward to the day when the current near epidemic increase in the numbers of melanomas are merely a historical footnote," advised Dr. Rigel.

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BURNS

Minor Burns Involves the top layers of skin usually with redness or blisters over a small area. These burns are generally painful.

Major Burns These burns look charred with underneath tissue sometimes appearing white. This usually involves all layers of skin and some underlying structure.

Chemical Burns Spilled liquid or dry chemicals on the skin. The stronger the chemicals and the length of contact with the skin the worse the burn will be.

Electrical Burns These burns are often deep and the victim may have two wounds, one where the current enters the body and one on exit. Sources can be power lines, lightning, defective appliances or unprotected electrical outlets. If a power line is down, don't go near it until the fire department or power company arrives. Don't touch the victim until you are sure the electrical current is off.

Caring for Burns

Put out flames or remove victim from source.

Flush with cold water.
Wet towels or sheets to apply to the face and other areas that you can't immerse.

Cover the burn with dry, sterile dressings or a clean cloth. Covering the burn helps keep out air and reduces pain.

CRITICAL BURNS

Burns involving breathing difficulty

Burns covering more than one body part

Burns to the head, neck, hands, feet, or genitals

Burns to children or the elderly unless minor

Burns resulting from chemicals, explosions, or electricity

**Critical Burns
Need Immediate
Medical Attention.
Call EMS.**

Don't Do - To Burns

- Don't apply ice to burn.
- Don't break blisters or touch a burn.
- Don't apply salves, ointments or anything else unless under a doctors supervision.
- Don't remove pieces of cloth that stick to the burned area.
- Don't try to clean a severe burn.



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16 - Family Medical Centers

Are you overweight? You may have Diabetes

Odds are that if you are carrying around too many pounds, you'd feel and look better if you lost some of that extra weight. But somehow, you just can't stay motivated to diet and exercise.

That may change when you take a look at recent studies showing that overweight people are at increased risk for developing diabetes. Out of an estimated 600,000 new cases of diabetes diagnosed each year, nearly 80 percent will be among those suffering from obesity.

Diabetes is a serious medical condition that is related to heart disease, high blood pressure, eye disease and kidney disease.

But there is something you can do.

Doctors feel that by

maintaining a normal weight, eating nutritious foods and exercising regularly, type 2 diabetes may be preventable.

To test that theory, the National Institutes of Health's Diabetes Prevention Program (DPP) has designed a 25-site clinical research study examining possible ways to delay or prevent diabetes in people at risk.

Others at risk include people with a family history of diabetes, women who develop diabetes during pregnancy (gestational diabetes) and members of certain minority populations.

Recently, medical experts recommended testing for diabetes annually after age 45. If you're overweight, it's a good idea to do it sooner.

"We strongly encourage overweight people to be screened for diabetes, and we feel confident that prop-

er screening and intervention can help prevent the development of numerous debilitating diseases," said Dr. Xavier Pi-Sunyer, a principal investigator at St. Luke's-Roosevelt Hospital in New York City.

The six-year program examines whether lowering blood sugar levels in people with "impaired glucose tolerance" (IGT) can help delay or even prevent the development of type 2 diabetes.

IGT is a condition in which blood sugar levels are higher than normal, but not higher enough to be considered diabetes. It affects more than 21 million people and is a precursor of the disease.

Volunteers for the study are needed. Eligible DPP participants will be separated into four groups to determine whether diet and exercise or medications can lower blood sugar levels and keep them from

rising before diabetes develops.

The Diabetes Prevention Program offers one-fourth of participants a healthy weight loss program through its "Intensive Lifestyle" intervention. It helps participants to modify their diets and exercise programs to reduce their weight by 7 percent. The intervention promotes both initial weight loss and long-term weight maintenance. The focus is on dietary changes and increased physical activity to promote weight loss.

Other participants will receive information about healthy diet and exercise and take medication.

Eligible participants will receive medical test and checkups, including test for glucose levels, cardiovascular health and kidney function.

Anyone interest in joining the study can call toll-free 1-888-377-5646 for more information.



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Tips On Dealing With Stress

(NAPS)-Believe it or not, there are times when stress is good-such as when you have to dodge a speeding car or leap from a burning building. However, stress-your body's instinct to defend itself-can lead to health and mental problems when it is triggered too often or too easily by day-to-day events.

The many signs of stress include anxiety, back pain, stiff neck, constipation, depression, diarrhea, insomnia, headaches, heartburn, upset stomach, shortness of breath and weight gain or loss. A family physician can help you recognize stress and figure out what in your life is causing it. Your family physician can also help uncover any hidden, and potentially serious, health

problems that can cause stress-like symptoms.

Since you can't always avoid stressful events, people or situations, take the following steps:

Stop Worrying

You can't control some things, like the weather.

Take Control

Set realistic goals for yourself and rank them. Place the highest priority on things that you must do and like to do.

Assess

Why do some things upset you so easily?

Talk

Share concerns with close friends and family. Try to solve conflicts with other people.

Ask For Help

Friends, family and professionals can help.

Escape

Get away from daily stresses through leisure activities, such as hobbies, sports, reading or social events.

Pace Yourself

Don't overbook your life and don't let others overbook it for you.

Exercise

Release pent-up energy and get in shape at the same time.

What's missing from this list? Medication. That's because stress reduction is a skill-it doesn't come in a bottle or a pill. Other techniques to deal with stress include meditation, relaxation training, stretching and deep, relaxed breathing.

Ask your family physician for advice on treating or recognizing the symptoms of stress. Family

physicians are medical specialists who have the broad training to treat nine out of 10 medical problems, including stress. Your family physician can suggest ways to cope with stress and relaxation techniques to help you deal with daily stress. Your family physician also knows how to help you through the health care maze to get the health care services you need.

For a free copy of *Stress, How To Cope Better With The Challenges Of Life*, send a self-addressed, stamped envelope to American Academy of Family Physicians, c/o Main Street Department, P.O. Box 19326, Lenexa, KS 66285-9326.



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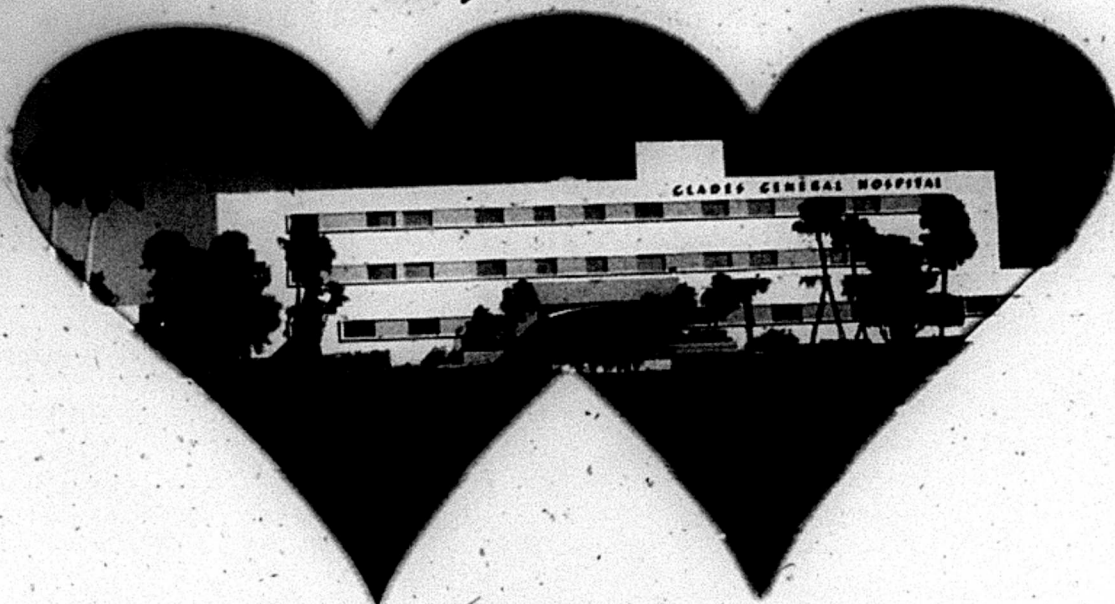
Home Safety

Checklist

- Cover all electrical sockets.
- Keep electrical cords out of reach of children.
- Set your hot water heater thermostat to no more than 125 degrees Fahrenheit.
- Wear protective footwear and eyewear when mowing the lawn, operating power tools, or hammering metal on metal.
- Store all drugs and chemicals (cleaning products, lawn care substances, etc.) in their original containers out of reach of children.
- Never put chemicals or medicines in food containers. Keep in original containers.
- Buy medicines with child-resistant caps. Place all medicines out of the reach of children.
- Keep toys with small parts (and other small objects) out of the reach of toddlers and young children.
- Keep Syrup of Ipecac in the home at all times.
- If you have a pool, install a four-sided fence with an automatic "child proof" gate.
- Keep emergency numbers on every telephone in your home. List ambulance service, fire, police, the regional poison control center, and the emergency department. Don't rely on a "memory" telephone - it may not work in a power outage.
- Install smoke detectors and replace the batteries twice each year.
- Make sure your house number is clearly visible from the street.
- Store firearms unloaded and locked. Firearms and ammunition should be stored separately.

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Menopause Is More Than Hot Flashes

by Michele Curtis, M.D.,
Lyndon B. Johnson
Hospital

(NAPS)—Estrogen replacement therapy, or ERT, has been available for more than 55 years and scientists are continuing to learn more about its benefits everyday. ERT is prescribed for relief of menopausal symptoms, as well as for the prevention and management of osteoporosis. Relief from hot flashes, night sweats, mood swings and vaginal dryness are the primary reasons women seek medical treatment at the time of menopause.

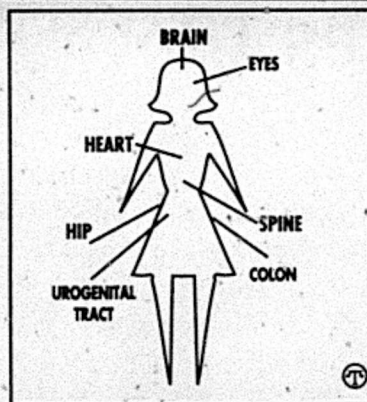
Menopause, however, is much more than hot flashes. Studies show that the

loss of estrogen can lead to devastating long-term consequences, including an increased risk for heart disease, Alzheimer's disease and fractures of the spine, hip or other bones. For example:

- One-half of the potential bone loss takes place in three-to-six years following the initiation of menopause.

- Research shows that ERT can decrease hip fractures by 60 percent.

- According to the American Heart Association's "Take Charge!" brochure, heart disease is the number one killer of women over the age of 35; research suggests ERT may reduce the risk of heart attack for women after menopause by



Most major body parts, including those indicated above, are affected by estrogen loss at the time of menopause.

as much as 50 percent compared to women not taking estrogen.

Further research is confirming the positive protective benefits of hormones for a variety of other age-related diseases. A report from the Baltimore Longitudinal Study of Aging revealed that

women who used ERT had a reduced risk of Alzheimer's disease. Data from a multi-center study found that women who used ERT had a decreased risk for colon cancer. There are early data to suggest a role for ERT in preventing macular degeneration, a leading cause of blindness. Multiple studies suggest that women taking ERT live longer than women who do not.

In an article published in the April 1997 issue of the Journal of the American Medical Association, Dr. Nananda F. Col wrote, "even for women who have one risk for coronary heart disease, such as high cholesterol or high blood pressure and are also at high risk for breast cancer, such as by having a mother or sister that has developed the condition, there is still



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PALMS WEST HOSPITAL SERVES GLADES RESIDENTS

Glades area residents no longer have to travel to West Palm Beach - or further - for quality medical care. Palms West Hospital, located just down the road in Loxahatchee, offers a full spectrum of adult and pediatric services, including a round-the-clock Emergency Department staffed with board certified emergency physicians, including pediatric physicians available twenty-four hours a day.

Palms West Hospital, situated on an 88-acre campus is a 117-bed acute care hospital with laboratory, maternity, imaging, endoscopy, medical, pediatric and emergency services. In addition, Palms West Hospital also offers state-of-the-art operating suites for inpatient & outpatient surgical procedures. Also located on the campus is 90,000 square feet of medical office suites, housing forty physician practices and an MRI (Magnetic Resonance Imaging) center. A fifth medical office building is currently under construction and is expected to open in April housing the Palms West Outpatient Rehabilitative and Aquatic Center.

Among the services available at Palms West Hospital is *PediCare*, a 24-hour pediatric emergency service designed to provide specialized treatment administered by a pediatric physician while at the same time minimizing anxiety and fear for the child and the parents. *PediCare* solves the frustrating problem parents often encounter when a youngster experiences serious illness late at night or on weekends when the pediatrician's office is closed by providing qualified quality-oriented medical care in a safe and comfortable environment twenty-four hours a day.

"We serve a large number of households with children," noted Chief Nursing Officer, Joyce Aab, "And serious illness often occurs in the evening, when the physician's office is closed. *PediCare* complements our traditional Emergency Department by meeting the special needs of young children."

"I know how frightening it can be for both the child and the parent when sudden illness strikes," noted Aab. "*PediCare* is designed to remove the fear factor by providing a non-threatening, comfortable environment for the youngster, while the parent is reassured by knowing that a pediatric specialist is administering care. We're pleased to offer this valuable, specialized medical service to the community."

With so many young families with children moving into the western communities of Palm Beach County, pediatric services throughout the hospital have been expanded also. Specially trained personnel, state-of-the-art equipment and the most advanced technology enable Palms West Hospital to provide care for children until the family pediatrician is available, or if necessary during an extended hospital stay.

Alberto Marante, M.D., F.A.A.P., Director of Pediatric Critical Care for Palms West Hospital oversees the Pediatric Intensive Care program. According to Dr. Marante, "The level of care provided by pediatric intensive caregivers is more intense than on the pediatric floor. Our patients require a higher level of monitoring and therapeutic intervention."

Children with severe pneumonia, meningitis, asthma, and diabetes are typically admitted for intensive care treatment. Near drowning victims are also cared for by critical care specialists. Dr. Marante notes that having Intensive Care nurses and doctors in the facility twenty-four hours a day, makes Palms West Hospital an even safer environment for other pediatric patients in the event problems arise that require more intense medical treatment.

"Palms West Hospital has been exemplary," notes Dr. Marante. "We are thrilled we can provide this much needed service to Palm Beach County in general and also to the very under served Glades area."

"We're very fortunate and pleased to have Dr. Marante heading Pediatric Intensive Care at Palms West Hospital," noted Aab. "He is a highly competent physician with an excellent reputation, who provides gentle, quality-oriented care to his patients."

To serve the Glades communities better Palms West Hospital maintains a 14,400 square-foot Palms West Medical Plaza Belle Glade at 1200 Main Street. The Plaza houses primary care and specialty physician practices, including orthopedics, urology, cardiology, general and neurosurgery, and pediatrics.

For further information, call Mary Anne Johnson at 795-7169.

Self-examination for skin cancer: Put it on the 'to do' list

With all the items on your spring cleaning list, take a minute to make the time for one more. No, it has nothing to do with year work or closet cleaning, but it does have everything to do with a healthy, cancer-free you. Add a skin cancer self-examination to your list.

It can be a solo job requiring just a few minutes of your time and only one tool - a hand mirror. Or, you can enlist the help of a friend for those hard-to-see areas. The end result may just save your life.

The American Academy of Dermatology believes self-examination is so important, it has designated

the first Monday in May as "Melanoma Monday". On this Melanoma Monday, you can spot potential

Almost one million new cases of skin cancer are diagnosed each year. Of that total, 40,300 will be malignant melanomas, up 12% from the year before. This year alone, about 7,300 deaths will be attributed to malignant melanoma, about one every hour. In half that time, you could do a thorough self-examination and help a friend too.

Who's at risk for melanoma? People with these characteristics have the highest risk for melanoma:

- Fair complexions that burn or blister easily
- Blonde or red hair
- Blue, green or gray

Self-Examination for Melanoma



Monday, celebrated this year on May 5, you should begin a life-long habit of regularly examining your skin for any suspicious marks or spots. Take a few minutes to help out someone you care about as well.

trouble at the best possible time: in the earliest stage. That's important because most skin cancers, including malignant melanoma, the most dangerous kind, can be cured if caught in time.



R.L. HATTON, M.D., P.A., F.A.C.O.G. Elizabeth Lopez, P.A., Cassandra Garcia, CNM

Graduate of Tulane University Medical School
Residency in OB/GYN University of Miami
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Studies show that contact lens wearers admittedly don't clean their contacts as often as they should.

During wear, the contact lens surface accumulates debris such as lipids and proteins from tears, and germs and environmental debris such as dust, pollen and cosmetics. This can lead to irritation and eventually serious eye injury if wearers don't care for their contact lenses properly.

It is important to follow the eye care system your eye care professionally recommends for your specific

lens type. Proper lens care is key to clear vision, healthy eyes and comfort.

Advanced multipurpose solutions make lens care easy. As people seek lens care products that are more convenient, contact lens care products have become simpler by combining lens care functions. For both soft and rigid gas permeable (RGP) contact lenses, multipurpose products have been developed to combine cleaning, rinsing and disinfecting all in one bottle.

In the latest example of products created to meet soft contact lens wearers' increasing demands for convenience and comfort, ReNu MultiPlus Solution is a new solution that goes one step beyond cleaning, rinsing and disinfecting. Used daily, this solution

can eliminate the need for weekly enzyming - an important step that many wearers admit to skipping.

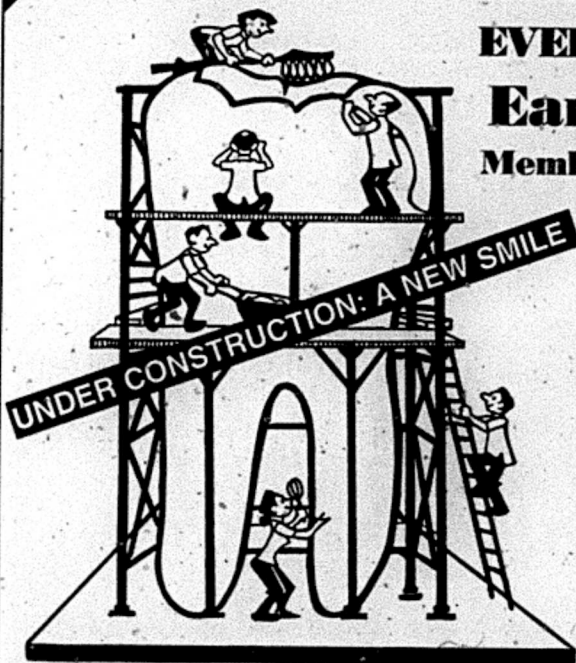
Rigid gas permeable (RGP) lens wearers also benefit from the latest in lens care technology. RGP wearers can use Boston Simplicity, the first and only multipurpose solution that both cleans and conditions RGP lenses.

Both contact lenses and lens care products are medical devices that, with proper instruction and maintenance, contribute to years of successful contact lens wear. Advanced solutions make it one step easier.

If you are experiencing discomfort with your contact lenses, one factor to consider is the solution you are using. Generic and store brand lens care prod-

ucts do not always contain the same ingredients as the brand recommended by your eye care professional. Talk to your eye care professional to learn more about which multipurpose solution is right for you.

Contact lenses are a great, modern option for vision correction. Lens wearers who care for their lenses with solutions recommended by an eye care professional are more likely to experience the full benefits of contact lens wear - comfort, convenience and great vision.



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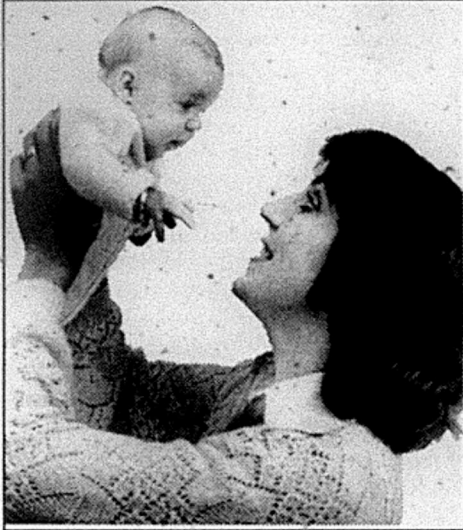
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Why your child needs a Pediatrician



might want to interview several candidates before selecting the Pediatrician who best suits your family's preferences and needs. The best time to do this is before your newborn's first exam.

The Training of Pediatricians

Pediatricians are graduates of a four-year medical school with three additional years of residency training

solely in Pediatrics. Under supervised conditions, a Pediatrician-in-training acquires the skills necessary to treat a broad range of conditions, from the mildest childhood illnesses to the most serious diseases. Different from Family Physicians or general practitioners, the three years of training are done exclusively in Pediatrics, providing a Pediatrician-in-training more time to learn about all kinds of conditions and illnesses that afflict children. A Pediatrician has been trained in areas of Pediatric cardiology, neurology, gastroenterology, nephrology, neonatology, infectious diseases, pulmonology, and other areas

of medicine but involving only children. There are pediatric subspecialists who train an extra two years in one of these areas. If a subspecialist is ever needed to treat your child, your regular Pediatrician will help you find the right one for your child's problem.

With the completion of residency training, the Pediatrician is eligible to take an exam given by the American Board of Pediatrics. Only Board-certified Pediatricians can become members of this professional organization, (F.A.A.P.). By choosing a Board-certified Pediatrician, you have chosen the highest level of medical care for your child.

Every Pediatrician is committed to helping parents raise healthy children with the greatest ease, comfort, pleasure and success. However, different Pediatricians have different approaches, so you

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- 1 Never leave a child alone, out of eyesight supervision, in or near the pool or spa - not even for a second.
- 2 Access to the pool or spa should be limited by locked doors and gates whenever swimming or soaking cannot be supervised.
- 3 Keep toys, particularly tricycles or wheel toys, away from the pool or spa. "A child playing with these could accidentally fall in the water."
- 4 Do not allow anyone of any age to swim without a "spotter" nearby. Examples of good safety behavior by adults are important for young children.



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Bleeding

Severe bleeding may be stopped by using one of three distinct techniques: 1. Direct pressure, 2. elevation, and 3. pressure on the supplying artery. A fourth technique, use of a tourniquet, should only be used in the event all other methods have failed. Severe tissue damage, even the loss of a limb, may result from applying a tourniquet without medical supervision.

What to look for: Bright red, spurting blood (artery) or dark red, oozing blood (vein).

What to do: Apply direct pressure on the wound with your hand. Apply a sterile dressing or lint free cloth and elevate the arm or leg above the level of the victim's heart if no other injury is present. Seek medical attention immediately.

What not to do: Do not use a tourniquet. Do not remove a dressing once it is on. Do not remove any impaled object. Removal could make bleeding worse and cause more damage to the wounds.

Closed wounds/internal bleeding: If an internal injury and bleeding is suspected, get medical attention immediately. Some of the symptoms of internal bleeding are as follows:

- A. Pain and tenderness, swelling and discoloration of the soft tissues are common.
- B. Cold, clammy pale skin, rapid, but weak pulse, rapid breathing and dizziness. This could also indicate the victim is in shock.
- C. Uncontrolled restlessness and excessive thirst.

D. Vomiting or coughing up blood or passage of blood in the urine.

E. Continued deep pain and tenderness.

What to do: Loosen all the clothing. Have victim lie flat with the legs elevated and keep warm. Call for help immediately.

What not to do: Do not give the victim anything to eat or drink.

Nosebleeds: Nosebleeds are generally more annoying than serious. When giving aid for nosebleed, keep the victim quiet, in a sitting position leaning forward or reclining with head and shoulders raised. Apply direct pressure on the nostril, apply cold compresses to the nose and face, and if bleeding continues, insert a small clean pad of gauze into one or both nostrils, applying pressure externally with thumb and index finger. If bleeding continues, obtain medical assistance.

Breast exam. can't from page 23

eyes

• Excessive sun exposure during childhood and teen years and blistering sunburns before age 20

• A family history of melanoma

• More than 100 moles on your body; 50 if you are under age 20.

Self-examination is simple and painless. Look over your entire body, including your scalp, soles of your feet, between your toes, and the palms of your hands. You'll need a mirror to visualize some of those areas.

What are you looking for?

• A mole that has changed size, color, shape or texture.

• New moles

• Changes in your skin. If you spot any of these signs, see your dermatologist.

"We need to give the same time and effort to melanoma detection that we do to breast cancer detection or the necessity of Pap smears," believes Clay Cockerell, M.D., a Dallas dermatologist.

Perform this easy exercise regularly, and you'll be around to enjoy your springtime planting year after year.

Practice frequent self-examinations. Remember! Prompt surgical excision of an early melanoma offers an excellent chance of a total cure. If you have any doubt about a mole, see a dermatologist.

Menopause can't from page 21

a significant reduction in mortality for those women who are on ERT."

A recently published study in the *Annals of Internal Medicine* (December 14, 1997) found that nearly half of postmenopausal doctors use hormone replacement therapy. According to Sally E. McNagny, M.D., assistant professor of Medicine, Emory University School of Medicine, and lead author of the study, "Women doctors are more likely to use HRT perhaps because they are more likely aware of the benefits and risks of HRT."

If you are concerned about other age-related diseases, such as osteoporosis, you may have heard about a new drug,

Evista, which was recently approved. This is not a replacement for ERT, for it does not have all of the multiple long-term health benefits of estrogen, nor does it treat the short-term symptoms associated with menopause. Additionally, according to the FDA, this treatment is not as effective as estrogen in preventing bone loss. It is also important to note that there is only two years of clinical data for Evista. This is something a woman should take into consideration when making a decision about treatment options.

Given the range of age-related diseases facing a postmenopausal woman, it is critical that she talk to her physician to determine the therapy that is appropriate for her.

Jeffrey L. Wisnicki, M.D., F.A.C.S.

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Your Amazing Feet

The human foot is a biological masterpiece. Like a finely tuned race car or space shuttle, it is complex, containing within its relatively small size 26 bones, 33 joints and a network of more than 100 tendons, muscles and ligaments, to say nothing of blood vessels and nerves.

The strong, flexible and functional design of the feet enables them to do their job well and without complaint - if you take care of them.

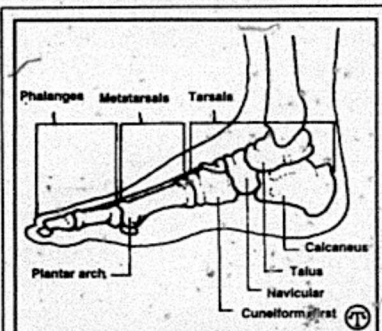
Foot problems are among the most common health ills. Studies show that at

least three quarters of the American populace experiences foot problems of some degree of seriousness at some point in their lives. Unfortunately, only a small percentage of them seek medical treatment, apparently because most mistakenly believe that discomfort and pain are normal.

Feet are barometers of overall health since they are often the first place circulatory disorders, diabetes, arthritis and other systemic diseases are

detected. To keep your feet healthy for daily pursuits or for fitness, you should be familiar with the most common ills that affect them. If the conditions persist, see a podiatrist.

Corns and calluses are protective layers of dead skin cells. They are caused by repeated friction and pressure from skin rubbing together. Never cut corns or calluses with any instrument, and never apply home remedies except under a podiatrist's instructions.



There are 26 bones in each of your feet. That adds up to almost a quarter of the bones in your body!

es are protective layers of dead skin cells. They are caused by repeated friction and pressure from skin rubbing together. Never cut corns or calluses with any instrument, and never apply home remedies except under a podiatrist's instructions.

For more information, contact the American Podiatric Medical Association at 1-800-FOOT CARE.

Your feet require specialized care. A doctor of podiatric medicine can make an important contribution to your total health and success of your fitness program. While podiatrists focus on foot care, they are aware of total health needs and should be seen as part of your annual check up.

For more information, contact the American Podiatric Medical Association at 1-800-FOOT CARE.

For more information, contact the American Podiatric Medical Association at 1-800-FOOT CARE.

Dr. David S. Fine, DPM, P.A.



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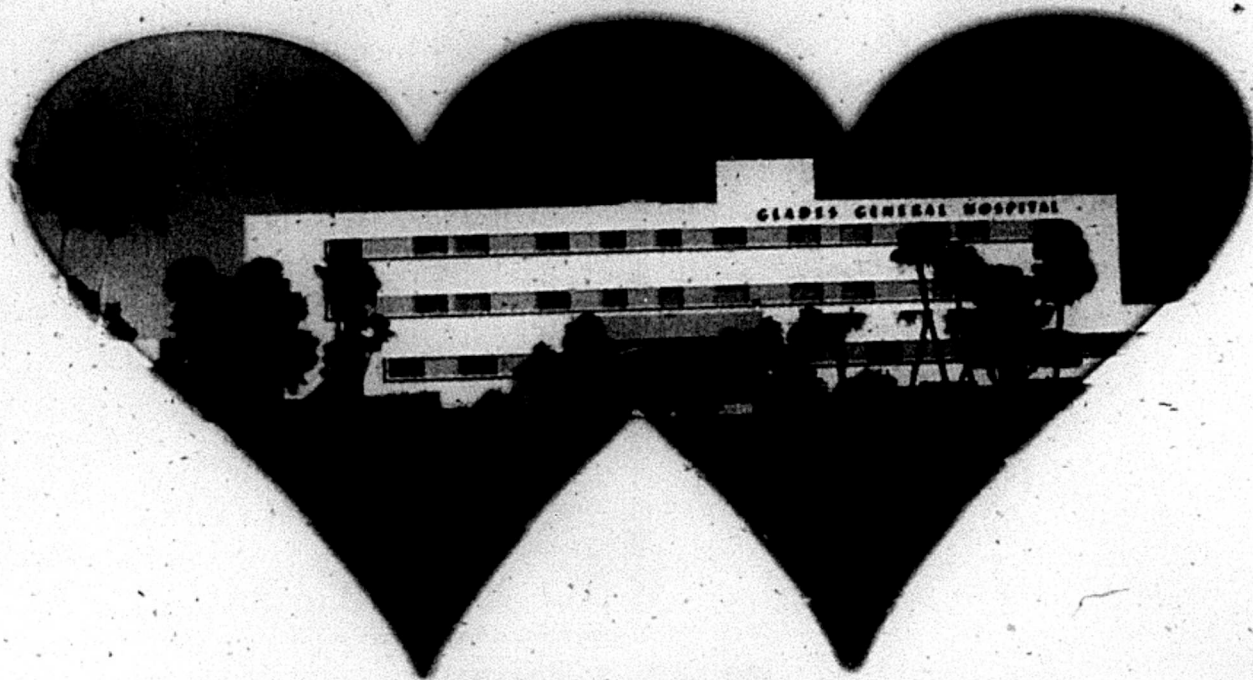


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